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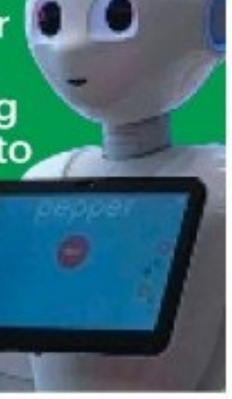

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Foothills fieldhouse plan 'very much alive': Group

SPORTS ARENA

Multi-use facility may be part of Victoria Park project

Helen Pike
Metro | Calgary

Putting a stadium, arena, event centre — whatever you want to call it — in Victoria Park won't look like the CalgaryNEXT proposal.

Which is fine, since Ken King, and council have declared that the West Village concept isn't dead, it's just sleeping.

If you play spot the difference with the Victoria Park proposal you'll notice it won't have a multi-use fieldhouse attached, but local sports advocates, are OK with that because it's given them a glimmer of hope that the city will focus on their multi-use sports facility.

A redevelopment plan for the Foothills Athletic Park has been on the books at the city for years, but these plans have gone unfunded.

Murray Sigler, executive director with Sport Calgary, explains how encouraged his group was to hear that the Foothills Athletic Park and the McMahon Stadium plan might get its own look with a shelved CalgaryNEXT plan.

With talk turning away from the arena/ fieldhouse/ stadium CalgaryNEXT project, the question of where the fieldhouse and stadium would go becomes more pressing. CONTRIBUTED

> It's very much alive for a facility to move on in Foothills, hopefully with some urgency. Jason Zuran

He said this was made clear on Monday when Mayor Naheed Nenshi underlined ongoing concurrent work for the fieldhouse.

"We've still been engaged with the city on a regular basis," said Jason Zaran, chair of the Calgary Multisport Fieldhouse Society. "It's very much alive for a facility to move on in Foothills, hopefully with some urgency."

But with a shiny new sports arena on the mind, Sigler said he's hoping to get an answer on what the fieldhouse might look like before the 2017 election in October.

"We'll be pressing for a decision on the Foothills Master Plan, including a funded fieldhouse, as early as we can this year," Sigler said. "In many ways it's simpler to focus on that, it doesn't have the complexities."

Zaran added that it's not unrealistic to expect an announcement from the city that the fieldhouse has been funded.

The plans for the athletic park would run the city $202 million, in 2012-dollar estimates. That was $94 million for the fieldhouse building with a 400 metre indoor track and FIFA-sized field. Another $108 million was earmarked for associated support, sport spaces, site clearing, site redevelopment, parking and consultation costs.

The University of Calgary began looking into ideas for the McMahon Stadium lands in 2011, but no further concrete details have been released. Metro's request for updates, or a comment from the University of Calgary was not made available by press time.

WEST HILLHURST

Creosote study to cost $1.3M

Elizabeth Cameron
For Metro | Calgary

The province has announced it will undertake a five-year project to assess the contamination from creosote in the community of West Hillhurst.

The $1.3-million project will look at the extent of the damage and see how levels of the toxin change depending on the seasons, according to a news release on Tuesday.

The wood-preserving Canada Creosote Plant operated for more than 40 years on the south side of the Bow River, near the northwest Calgary neighbourhood.

It was discovered in the early 1990s the riverbed and soil in West Hillhurst were contaminated. Recent monitoring didn't find any risks to human, aquatic or environmental health, but questions about the potential consequences remain.

Craig MacLellan, president of the West Hillhurst community association called the plan a positive step.

"Building an infill, you're not digging very deep, but as larger developments come on, you want to have those answers," he said. "Any form of study is welcome."

Mayor Neheed Nenshi said the city and the province are working on the file, and looking for ways to pay for the final remediation.

A report from the provincial government should be available in mid-2018, according to the release.

Alberta DIGEST

Easter sweeping cheaper for city
Coun. Peter Demong has been fielding calls from curious residents peeping on street sweepers. City admin said the department's workers, who are working shifts 24/7, are cheaper to deploy around the clock rather than leaving the city's leased equipment idle for a holiday weekend.
HELEN PIKE/METRO

Police seek man wanted for sexual assault
Police are asking the public to help them track down Galal Ramadan, 53, who is facing a lengthy list of charges, including two counts of both sexual assault and sexual interference.

Ramadan is approximately six feet tall, Egyptian and may have recently grown a beard, according to police. He has brown eyes, grey hair, and a medium build.

Anyone with information about Ramadan's location is asked to call the police non-emergency line at 403-266-1234, or contact Crime Stoppers anonymously. METRO

Soldier killed during training exercise in Wainwright
A Canadian soldier was killed and three others were injured during training at Canadian Forces Base Wainwright.

Sergeant Robert J. Dynerowicz from the Royal Canadian Dragoons was killed in what the military is calling a vehicle accident. The other three soldiers were taken to hospital for treatment.

Dynerowicz and the three others who were injured were taking part in Exercise Rugged Bear — a live-fire training event that started April 15 and is set to last until April 27. METRO

Calgary has some accessible playgrounds, such as Earl Bales Park, but Coun. Druh Farrell is hoping the city can be more intentional with future builds. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

Making playgrounds accessible to everyone

CITY PLANNING

It's not quite child's play, but it's easier than you think

Helen Pike
Metro | Calgary

Playing grounders shouldn't be an obstacle for kids or parents looking to get outside — at least that's the theory behind a pitch council will soon consider.

A new notice of motion drafted by Coun. Druh Farrell hopes to get the city's wheels turning on making play more accessible.

"I'm not talking about every playground, each piece having to be accessible," said Farrell. "I'm talking about incorporating multi-age, multi-ability equipment in most of our playgrounds."

She's asking administration, in conjunction with the Advisory Committee on Accessibility and industry partners to participate in a study on how the city could integrate accessible playground equipment into new builds.

"There's so much more we can do to bring people together," said Farrell.

She said she was inspired to look into more accessible playgrounds because of what she sees happening in the East Village, where seniors are gravitating to the newly built structure to enjoy the sound of kids at play.

> **There's so much more we can do to bring people together.**
> Coun. Druh Farrell

Dana Wheatley is an expert in the city's play structures. Her blog Calgary Playground Review has a page on it dedicated to playgrounds that are accessible, or have accessible elements, a great resource for families looking to explore what's already on offer.

"I would love to see more accessible playgrounds in Calgary," she said. "I know it often comes down to cost."

She mentioned that compared to the traditional pea gravel, accessible flooring is expensive.

"There are some playgrounds in Calgary that would be great in terms of accessibility if only they had accessible flooring," Wheatley said. "There's some real missed opportunities where playgrounds have accessible flooring but don't have any ground-level features or ramps."

Both Wheatley and Farrell highlighted that accessible structures don't just benefit children in wheelchairs, but can help kids with reduced motor control, injuries, parents with disabilities, grandparents and toddlers.

HOMICIDE

Shyback: I'm not a murderer

Lucie Edwardson
Metro | Calgary

A Calgary man accused of strangling his common-law wife to death and entombing her in a plastic container covered by cement defended his actions during cross-examination, saying they didn't make him a murderer.

Allan Shyback, 40, is facing charges of second-degree murder and improperly interfering with human remains in the 2012 death of his common-law partner and mother of two, Lisa Mitchell.

In 2013, Calgary police launched an undercover sting operation dubbed Operation Aurora, in which Shyback was befriended by a number of officers. It ultimately led to his confession and arrest in 2014.

Balfour Der, Shyback's lawyer, put his client on the stand as the first defence witness Monday. Crown prosecutor Jayme Williams began cross-examining Shyback on Monday and continued Tuesday. In total it lasted nearly five hours.

Shyback said it's "fact" that he's responsible for Mitchell's death, but said it was an accident stemming from being attacked by her with a knife.

Shyback also detailed his nearly 10-year, on-again-off-again relationship with Mitchell that he said was riddled with domestic abuse, including being hit over the head with a mirror, slapped, and struck with a skillet.

Williams attempted to poke holes in Shyback's story, suggesting he'd actually only experienced abuse on the one occasion — with the skillet.

Meghan Castle, Shyback's cousin, corroborated another instance where she saw Mitchell hitting him outside her mother's house in 2011 during a family gathering.

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Sandra Legacy was diagnosed with PTSD after the Fort McMurray fire and now wants the city to know how common conditions like hers are. JENNIFER FRIESEN/FOR METRO

‘It’s been a hard year’

As Fort McMurray residents struggle to rebuild, the mental health strain starts to emerge

Alex Boyd
Metro | Edmonton

It starts when she can no longer take a breath, followed by a stabbing pain in the left side of her chest — symptoms “so similar” to a heart attack, Sandra Legacy says.

“It has to be one of the scariest things that a human being can feel,” she says of the anxiety attacks that have come more often lately — and hit hard. “Because you feel like you’re dying.”

Legacy has fought anxiety for years, and won. But then came the hot, windy Tuesday afternoon last May, a day that started with the usual eight-minute drive to work and ended with a flight for her life.

Thanks to the security system installed in her Abasand home she knows her house started to burn at exactly 4:16 p.m. She still hasn’t deleted the alerts on her phone.

In the aftermath of the fire Legacy was diagnosed with PTSD and depression. She still hasn’t been able to go back to work.

“Sliding down that slippery slope into a very dark place, it’s hard to control. Not wanting to get out of bed, not wanting to get dressed or showered,” she says, sitting in the home she and her husband are renting while they rebuild. The tags still dangle from the couch she’s sitting on, and boxes of appliances fill the dining area.

“It’s been a really hard year, it’s been a struggle every single day.”

She’s not alone.

Dr. Emmanuel Osegbue, a family physician who’s been practising in Fort McMurray for almost a decade, says demand for mental health services among his patients is up by about 25 per cent.

Many people are still dealing with the trauma of fleeing just ahead of an out of control fire, he says. Now, a year later, he’s starting to see people who tried to stay strong, and are now having the symptoms of depression and anxiety catch up with them.

“Even kids, they’re taken back when they reflect on the events of that day,” he says. “I see kids that are now having mood swings more than before.”

He argues that the loss of property was especially tough for residents of Fort McMurray, given the demands of working in the oilsands. With 4 a.m. wake up calls and long days working heavy equipment, coming home is “the thing that gives them joy everyday,” he says.

“And now it’s gone, in just a few hours. That’s very traumatic.”

He worries that counsellors are themselves overwhelmed, so he isn’t sure his patients always get the help they need.

For Legacy, the experience turned her into a crusader. She makes sure her neighbours know they’re not alone, and to reach out for help if they need it.

“You really do feel like you are so isolated even though there are potentially thousands of people feeling like this,” she says. “You really do feel like you’re the only one.”

If there’s a positive outcome, Legacy says it’s that Fort McMurray — a town with a reputation for toughness — is now tackling mental illness head on.

“Before, you never would have seen a Facebook group about anxiety or depression or a safe place to talk. Now there are, which I’m very happy about,” she says.

“Out of every dark situation, some bright thing happens from it… The negative stigma has really come off of mental illness in this town, because so many people have been introduced to it.”

Alberta needs new centre for disasters: Minister

Alberta is looking at building a new operations centre to better manage how it responds to disasters such as the Fort McMurray wildfire.

Municipal Affairs Minister Shaye Anderson said the need for a larger and more modern nerve centre is one of the lessons learned from the fire last May that forced more than 80,000 people to flee the area and destroyed 2,400 homes and buildings.

Anderson told a Conference Board of Canada meeting on how communities can be more resilient to natural disasters that government staff did an excellent job, but more preparation is needed for future disasters.

“We realize that we need a bigger, newer provincial operations centre — something with more technology that is up to date and up to speed with what is going on with the world right now,” Anderson said Tuesday. “We are set on a path for that.

Anderson said the government is expecting a report evaluating how it responded to the wildfire to be released next month. The KPMG report is expected to include recommendations on how the government should update its disaster planning.

Shane Schreiber, managing director of Alberta Emergency Management Agency, told the conference that communities need to do more to prepare for disasters before they happen.

That includes training staff, developing flexible plans and building relationships with key people in other organizations before something challenging happens.

Schreiber said legislation and regulations cannot replace a corporate culture of co-operation in an emergency.

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Melisa Leblanc says her daughter Abby has been sick constantly since the Fort Mac fire. They're pretty sure their home is clean, but question the safety of the city. JENNIFER FRIESEN/FOR METRO

Concerned parents not breathing easy

FORT MCMURRAY

Doctor wants respiratory issues in young kids studied

Alex Boyd
Metro | Edmonton

When four-year-old Abby plays with her little brother Zander they have to be careful not to be too rough — that's when the coughing starts.

"If she just plays a little bit or gets overheated, she's just coughing all the time," says her mother, Melisa Leblanc, as she keeps a close eye on her two youngest playing in the living room of their Fort McMurray home.

Ever since the family moved back to the city after the fire Abby has been hit with a laundry list of illnesses her mom ticks off on her fingers: pneumonia, tonsillitis, strep, ear infections.

While she'd been sick before, it wasn't like this, Leblanc said.

Alberta Health Services says the province monitors health concerns and has not seen in any spikes in respiratory complaints.

But Leblanc says she's one of a number of Fort McMurray parents who worry about a lack of clarity around which buildings have been cleaned of fire damage, and how thoroughly, and what that means for the health of their kids.

Tonia Rowe detailed her struggles with restoration companies in a Facebook post that has since been shared hundreds of times.

The first company they hired came by, did a superficial clean, and told her and her husband that the house was fine. Not satisfied, her husband climbed up into the attic and found ash and burnt pine needles, she said.

She recounts her story while pushing her two young sons in a stroller down the sidewalk — on one side of the street is her house, on the other, burnt forest.

"We were sitting in smoke for how long, in our houses, it's in there," she said, motioning at the black trees only a few dozen metres from her front door. "That's the big thing that scares me the most."

Her youngest son, Henderson, 1, has had lung, throat and ear infections, she said. Her husband stayed in the house while it was getting cleaned up and ended up with pneumonia. Even the dog had lung issues, she said.

> **This was the life we had chosen, we knew this was the life we wanted to come back to...I don't know if I made the right decision.**
> Melisa Leblanc

But Dr. Mayank Singal, a zone medical officer of health for AHS, said the number of incidents and complaints of things like respiratory illnesses are closely tracked — and he hasn't seen an increase.

"When we look at our data, in terms of calls to Health Link for example, related to respiratory issues, we actually found that there were fewer calls last year to Health Link than the previous year," he said.

"Similarly, when we look at the number of cases that present to the emergency department, we see that there are fewer cases that came to emergency in Fort McMurray."

He said he understands that there are always concerns after a disaster, but said that he would legally have to be notified if there were concerns about the environment.

Still, Dr. Ghassan Al-Naami, a paediatrician who worked in Fort McMurray before moving to Edmonton in January, said he "definitely" saw more kids with respiratory issues after the fire and says more study is needed.

In a statement, AHS said they're committed to "continuing dialogue" with the community to make sure health needs are being met.

As she inventories her daughter's medications and inhalers on the kitchen counter, Leblanc said she's not yet convinced that her kids are living in a clean environment.

"This was the life we had chosen, we knew this was the life we wanted to come back to," she said of the choice she and her husband made to come back after the fire.

"But if you asked me again today? I'd think it through," she added. "I don't know if I made the right decision at the end of the day."

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AMVIC LICENSEE

Tuning into an ancient instrument

ARTS

Amir Amiri brings sensitive touch to music of Persia, India

Aaron Chatha
Metro | Calgary

The santur is a difficult instrument to play — with criss-crossing strings and sensitive tones — but musician Amir Amiri has dedicated his lifetime to mastering it.

Amiri is the latest artist in residence at the National Music Centre, and like many, his goal was to combine the historic instruments in the NMC catalogue with his traditional Persian and Indian music style.

That was the plan, anyway.

"Then I met these babies," Amiri said, lovingly stroking the vintage microphone beside him. "These are 1954, Russian, and it's the first time in my life I've seen them. I've loving them. They make me so happy. They sculpt the sound in a way that's so beautiful."

Amiri has found himself recording his classical tunes, trying to reinvigorate the songs played by his masters in a new way.

He said the NMC has offered an opportunity like no other. During his stay, he doesn't have to worry about recording money, paperwork, or anything other than the music.

"I've been recording like a madman," he said.

"Yesterday I tuned all morning. When this thing is tuned, it's like touching the stars, man."

Amiri learned how to play in Iran, and has studied under musical masters like the late Ravi Shankar and Nusrat Fateh Ali Khan. He eventually moved to Calgary, where he studied at the Banff Centre, and currently resides in Montreal. Everywhere he's gone has been dedicated to increasing his knowledge.

"It came easier than other things. Even sometimes talking to people is difficult," he admitted. "But me and my instrument, learning and my relationship with my ustaads (teachers) was really important to me."

Now that he's found the right microphones, Amiri is delving deeper into the NMC library of instruments, to add new twists on his santur-playing roots.

He'll be showing off the works created during his residency with a concert on April 27.

For more information, visit studiobell.ca.

Musician Amir Amiri plays the santur — a delicate instrument required the touch of felt on strings. AARON CHATHA/METRO

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Brodie Thomas
Metro | Calgary

If you just can't wait for Season 3 of Seinfeld on Blu-ray to come through the mail — fear not. Amazon Prime customers in Calgary and Edmonton can now get one-day delivery.

Amazon.ca is rolling out the free one-day service for Alberta's two largest cities. Prime customers who place an order of $25 or more before 4 p.m. can expect the item to be delivered the next day before 9 p.m. — including Saturday and Sunday.

Spokesman Andrew Gouveia said the company uses its centres in the Vancouver area to offer the one-day service here. (Vancouver gets same-day delivery on many items).

The offer is only on certain items, and the shopper must be an Amazon Prime member, which requires an annual membership. You can double check your postal code to see if you're eligible at amazon.ca

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Photo courtesy of Brian Biesman, MD

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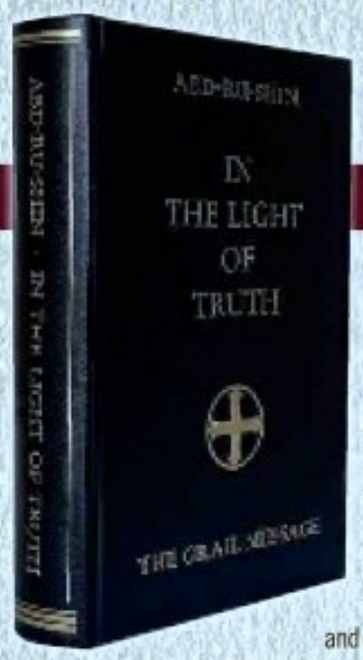
What Is True Fulfillment and How Can It Be Attained In Our Lives?

A lecture based on the work

In the Light of Truth

THE GRAIL MESSAGE



For all of us, our pursuits are driven by the need to attain to some fulfillment, regardless of whether we define it in material or spiritual terms. For some, it is the attainment of some earthly goal, financial security, relationship status, or social or political aspirations. For others, their quest goes beyond what is solely material. But, even upon attainment of some of these goals, many still find themselves longing for something more. Something yet undefined and unquenchable. What is it that we seek that can lead finally to a sense of true fulfillment? What is it that can truly and finally fulfill us? How can we attain to this sense of true fulfillment? The speaker, drawing insights from the work "In the Light of Truth", the Grail Message, will share a perspective that may lead to the recognition of a path to the attainment of this longed-for fulfillment.

Date: Saturday, June 10, 2017
Venue: Sheraton Cavalier Calgary Hotel, 2620 36 Ave NE, Calgary, Alberta
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Warren Pariseau, owner of the Dalhousie Canadian Tire, shows off products that qualify for the rebate to Energy Efficiency Alberta CEO Monica Curtis on Tuesday. ELIZABETH CAMERON/FOR METRO

Province unveils energy rebate

HOMES

Savings are funded by the carbon tax

Elizabeth Cameron
For Metro | Calgary

There's no such thing as a free light bulb, but for the next six weeks you can get a few dollars off LEDs.

The province announced on Tuesday a six-week period of instant-rebates (up to $30) for a host of residential energy-saving items such as smart power strips and outdoor clotheslines.

Shannon Phillips, the provincial minister responsible for the climate-change office and minister of the environment and parks, made the announcement at the Dalhousie Canadian Tire.

"A month ago, we began the no-charge energy saving program.... Twice as many Albertans as expected have signed up for that program to date," Phillips said. "There's no doubt in my mind that Albertans have embraced energy efficiency."

Monica Curtis, the CEO of Energy Efficiency Alberta, a government agency funded by the carbon tax, said the rebates are meant to encourage choice.

"Individual homeowners can choose to retrofit their homes in a way that works for them," Curtis said. "It's about as easy as it gets."

Last week, when Phillips announced rebates for home insulation and similar contractor-installed improvements, the Energy Efficiency Alberta website crashed.

Online rebates for certain washing machines, smart thermostats and refrigerators will be available starting April 28.

RETAILERS

The rebates are available at 500-plus retailers across the province.

The rebates, all funded by the carbon tax, are available from April 28 to June 11, with another six-week campaign to come in the fall, according to Phillips.

It's estimated the program will save enough energy to power 1,675 homes for a year, or nearly 250,000 gigajoules.

"It's roughly equivalent to taking 41,000 personal vehicles off the road for one year," Phillips said.

Programs for renters, municipalities, businesses and non-profit organizations will be announced in upcoming weeks, according to the minister.

For a list of participating stores and products, visit efficiencyalberta.ca.

NATIONAL PARKS

Bison babies born in Banff

A herd of bison reintroduced into Banff National Park last year has grown by three.

On April 22, a wild bison was born in the park for the first time in 140 years, and two more followed days later — the latest born early Tuesday morning.

"This is huge," said Bill Hunt, Banff's resource conservation manager.

"They're doing really well. We're cautiously optimistic the other seven will calve really soon," he said.

"They're sturdy little fellas; they're wobbly for the first little bit but they've got their feet under them and are moving quite well," Hunt said.

In January, 16 bison were relocated to Banff in an effort to bring the noble beasts back to the prairies.

Hunt said the births show the move has been a success so far.

ELIZABETH CAMERON/FOR METRO

One of the new additions.
COURTESY BANFF NATIONAL PARK

Pepper the robot doles out advice and the occasional dance move at ATB Financial locations. AARON CHATHA/METRO

AI that does a little dance

TECHNOLOGY

Bank will host money-savvy robot at city locations

Aaron Chatha
Metro | Calgary

If this is the start of the robot revolution, it's off to a very cute start.

Meet Pepper, a new humanoid robot that will be greeting customers at Calgary ATB branch locations.

Although she's already active in Japan, helping sell cars and more, this is her Canadian debut.

The robot greets customers, responds to voice commands, and can answer simple questions. She lights up, moves her head and even asks you to touch hands.

"You'll see that Pepper's short height makes her really approachable for kids and adults alike, and you'll see the soft humanoid feature, like big eyes, that convey expressivity and make her approachable," explained Bill Lott, production manager at Softbank Robotics, who developed the robot.

During my own conversation with Pepper, she asked me my age, how I'd been spending my funds lately, and recommended a bank account that could work for me.

She also ran me through a financial literacy quiz and offered some budgeting advice.

Then I ordered her to dance, and dance she did.

"The idea is, she'll bring customers in and have a small conversation with them," said ATB senior manager of innovation Sandy Boga.

"The beauty of the interactions is she'll always pass off to a human team member. She's meant to supplement the human team interaction and entice people into the branch."

Pepper will be hanging out at the Chinook ATB branch starting May 1, before travelling to other branches across the city, including locations at U of C and Mount Royal University.

Boga said the goal of Pepper is not to replace human employees, but lend a hand in getting out some initial information, letting the humans focus more on creating a relationship with the customer.

The real question is, will Pepper one day tire of the endless torrent of selfie and dance demands, snapping and swiftly annihilating the human race?

"Pepper will never rule the world," said Lott. "You'll never have to worry about that. She's the friendliest robot you'll ever meet."

CULINARY ARTS

SAIT's little taste of the industry

Helen Pike
Metro | Calgary

It's just a taste of the industry for students, but one the Southern Alberta Institute of Technology (SAIT) believes will produce entrepreneurs ready to take on the workforce.

On Tuesday, SAIT announced a new endeavour they're calling The Tastemarket. It's a new culinary campus space focused on entrepreneurship with a state-of-the-art 9,000 square foot facility featuring four stations including charcuterie and bar, and patisserie.

"The whole idea really falls under our philosophy of our culinary programs here at SAIT," said Tom Bornhorst, SAIT Dean of the School of Hospitality. "We brought in industry to help us develop this program, and I'll tell you, there's a great excitement in the industry about having this group of students come out."

The class of 32 will be an opportunity for students to rotate different roles they may fill as business owners. At one station a student might take on a marketing role, financial roles, and operational roles. The programs will also feature guest speakers and a mentorship program.

The new campus will also allow more spaces to open up in the downtown programs. The new culinary campus will open September 2017.

The school is launching a culinary program. CONTRIBUTED

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WILDLIFE

'You know puffins aren't penguins?'

What, some Canadians are wondering, has the Liberal government's environment minister been puffin?

Catherine McKenna was trying to mark World Penguin Day with a simple tweet accompanied by a cute video of penguins frolicking in the wild.

Problem is, those weren't penguins in the video, but puffins — the squat, distinctive-looking seabirds that make their homes on islands and coastlines in the north Pacific and Atlantic oceans.

Twitter, predictably, got into a flap.

"You know puffins aren't penguins, right?" came one response.

"On what are you puffin?" asked another.

Puffins, with their red and black beaks and orange feet and legs, are found primarily in the north, notably Newfoundland and Labrador.

Penguins, on the other hand, live almost exclusively in the Southern Hemisphere, with the exception of the Galapagos penguin and those held captive in zoos.

Within about half an hour of the post, McKenna — or someone in her office — caught the error and sent a new tweet, this time with a short video of actual penguins attached.

"Oops! Let's try this again," read the tweet.

A spokeswoman in McKenna's office blamed the mixup on a squinty-eyed staffer.

"It was someone in her office who obviously needs to renew her glasses prescription," said Marie-Pascale Desrosiers.

It's not the first time the federal Liberals have run afoul of the industrious little creature.

In 2007, deputy Liberal leader Michael Ignatieff, who apparently became enamoured of the "noble" puffin during a caucus retreat in St. John's that year, suggested aloud that it become the party's official symbol.

"They lay one egg (each year). They put their excrement in one place. They hide their excrement. They flap their wings very hard and they work like hell," Ignatieff said at the time. "This seems to me a symbol for what our party should be." THE CANADIAN PRESS

An Atlantic puffin on Machias Seal Island. Puffins — squat seabirds that make their homes on islands and coastlines in the north Pacific — aren't penguins. ANDREW VAUGHAN/THE CANADIAN PRESS

Evidence of cupping therapy can be seen on Justin Trudeau's left forearm during an interview on April 18. TORSTAR NEWS SERVICE

Trudeau outed as a cupping practitioner

HEALTH

Evidence shows effectiveness of method is still unclear

Next time the prime minister pops his shirt off, don't be alarmed if his body is peppered with circular bruises. He's just been subjecting his skin to an ancient suction treatment with questionable efficacy that's hot with the alternative medicine crowd.

Justin Trudeau, it turns out, is into "cupping."

Canada's PM was outed as a practitioner this week after the tell-tale markings of the treatment were spotted on his arm during an interview with a CBS Sports journalist.

Cameron Ahmad, a spokesperson for the prime minister, confirmed to Torstar News Service that, yes, Trudeau cups. But he wouldn't say why or for how long.

Alongside references to cupping celebs like Brad Pitt, Jennifer Aniston and American Olympian Michael Phelps, the Internet tells us that the practice dates back to Chinese antiquity and has been used for millennia. It's also said to have been prevalent in ancient Egypt and Greece, where it was meant to remove "excessive blood," according to a 2008 article in the Journal of Alternative and Complementary Medicine.

Nowadays, cupping is associated mostly with pain relief, though it's also linked with a range of ailments. Got shingles? Try cupping. Maybe your face is paralyzed. Cupping could help. And then there's acne, worn-out neck discs and back pain. All three are said to be alleviated by cupping, according to a survey of cupping research from 2012 in the journal, PLoS One.

In the realm of hard evidence, it's not clear that cupping is effective. The review in PLoS One looked at 135 studies between 1992 and 2010 and concluded that cupping has "potential," but more studies are needed to be sure.

Brent Bauer, a doctor with the Mayo Clinic, wrote online that there aren't any definitive studies on cupping because it's difficult to fashion a "sham" version of the treatment to make people think they're receiving it during a blind study. TORSTAR NEWS SERVICE

NOTICE OF HEARING FOR:
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Clayton Young

Take notice that on the **1st day of May 2017 at 9:30 a.m., at Calgary Family Court, Courtroom # 1208, 601 – 5th Street SW, Calgary, Alberta,** an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your child born on **March 19, 2017.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Children's Services Calgary Region
Phone: (403) 297-2978

ABUSE

Fentanyl 'an epidemic within an epidemic'

Canada is in the midst of an epidemic of opioid use and abuse — involving both prescription and illicit forms of the potent narcotics — that shows no signs of abating and has led to an explosion of fatal overdoses.

Canadians remain the second highest per-capita consumers of opioids in the world, after Americans. But while U.S. use is beginning to decline, Canada's numbers keep rising, according to the International Narcotic Control Board.

"We doubt very much that it has to do with Canadians being different, having more pain than people elsewhere in the world. We think it probably has to do with how we've been programmed to prescribe," says Dr. Jamie Meuser, executive director of professional development and practice for the College of Family Physicians of Canada.

"There's virtually no doubt that prescribing in Canada has resulted in more opioid medications being on the street."

Illicit fentanyl pills from overseas have flooded onto the black market, helping to fuel a rash of overdose deaths, particularly in B.C. and Alberta. Fentanyl is 100 times more potent than morphine and up to 50 times stronger than heroin.

Dr. David Juurlink, head of clinical pharmacology and toxicology at Sunnybrook Health Sciences Centre, calls the fentanyl crisis "an epidemic within an epidemic."

"The fentanyl epidemic is a response to the generation and enormous market for opioids that has always existed but was never as large as it currently is," he says.

"When the demand is so high and there's so much money to be made, when you try to restrain the supply side — you reformulate OxyContin into a tamper-resistant product, you close down pill mills and you abruptly reduce opioid prescribing — people will need something.

"And to avoid withdrawal, they'll turn to whatever they can get their hands on."

Fischer says two decades of over-prescribing, coupled with the growing illicit trade, has created a dilemma for those trying to curtail opioid use among both chronic pain patients and those who seek the narcotics to get high. THE CANADIAN PRESS

Donald Trump THE ASSOCIATED PRESS

Dairy in Trump's sights

Fresh off slapping a duty on Canadian lumber, President Donald Trump is now making threats about dairy as the northern neighbour has suddenly, unexpectedly, become his No. 1 target for criticism lately on trade.

The president tweeted Tuesday: "Canada has made business for our dairy farmers in Wisconsin and other border states very difficult. We will not stand for this. Watch!"

That's what he wrote the morning after his government announced duties up to 24 per cent on Canadian lumber, with more expected later this year.

Lumber and dairy are longstanding irritants. In softwood lumber, the countries have a once-a-decade cycle of tariffs, trade litigation, and ultimately settlements.

What's new is how Trump is playing up the issue.

While Barack Obama referred to lumber as a minor irritant, the self-styled America First president is playing up these irritants as examples of his desire to get tough on trade. His sudden flurry of complaints about Canada are a dramatic departure from the early days of his presidency - suddenly, he's complaining less about China and Mexico, and more about the northern neighbour. THE CANADIAN PRESS

Softwood casualties ahead

TRADE WAR

Ottawa admits U.S. move will mean jobs lost, promises action

The federal government is reaching out to reassure forestry workers, lumber producers and others facing the impact from a fresh softwood trade war that it stands ready to help cushion what it suggests will be a heavy blow.

The U.S. is imposing significant duties of up to 24 per cent on lumber imports — the latest flare-up in Canada's escalating trade skirmish with President Donald Trump's administration.

Natural Resources Minister Jim Carr acknowledged Tuesday that job losses are likely in the offing, saying Employment and Social Development Canada is standing by to provide essential services for anyone who is impacted.

Available ESDC supports include employment insurance, career counselling, retraining and provincial skills development programs, said Carr, noting Canada is no stranger to softwood disputes with the U.S., and has always prevailed in the past.

Trudeau, meanwhile, said earlier Tuesday that the Canada-U.S. relationship is bigger than any one trade irritant.

"We are tremendously interconnected in our economy with that of the United States, but it's not just a one-way relationship," Trudeau said during a visit to Kitchener, Ont. "There are millions of good U.S. jobs that depend on smooth flow of goods, services and people back and forth across our border."

He cited the North American auto sector as one compelling example, and his oft-repeated illustration of how a typical car part can cross the border up to six times before it ends up in a finished automobile.

Carr, on the other hand, wasn't sounding an especially friendly tone.

"We will continue to press our American counterparts to rescind this unfair and unwarranted trade action," he said.

During a technical briefing on the softwood duties Tuesday, officials said Canada is not likely to challenge legally under the North American Free Trade Agreement or with the World Trade Organization until next year.

The softwood spat is unfolding amid a much bigger trade issue — the renegotiation of the North American Free Trade Agreement. Despite remarks from the president and his cabinet secretary, neither lumber nor dairy are part of the current NAFTA.

Carr said the action hurts people in both countries — not only Canada's lumber sector that employs hundreds of thousands, but also American homebuyers, who must now pay more for wood. THE CANADIAN PRESS

+ LOONIE DROPS

U.S. duties hit the dollar

The Canadian dollar sank on news of U.S. duties on softwood lumber imports.

The loonie hit a 14-month low on Tuesday at 73.60 cents. "It's an absolute disaster for Canada," said Unifor president Jerry Dias, a union which represents 24,000 forestry workers at 134 companies.

A worker gets an order of planks ready for a client in Montreal. THE CANADIAN PRESS

FOCUS ON FAMINE Update: Yemen

International donors pledge $1.1 billion in aid

A girl carries water on the outskirts of the Yemeni port city of Hodeidah. GETTY IMAGES

International donors have pledged $1.1 billion for war-torn Yemen, the UN secretary-general said Tuesday, appealing to the fighting sides to grant access to humanitarians and revive diplomatic efforts to end a conflict that has killed over 10,000 civilians.

Antonio Guterres ended a daylong Yemen aid conference by hailing the "clear generosity and solidarity" of governments and civil society after two years of intensified conflict in the Arab world's poorest country.

The conference, co-sponsored by the United Nations, Switzerland and Sweden, raised pledges for over half of the $2.1 billion sought by the U.N. this year in an appeal that was only 15 per cent funded previously.

Aid groups want improved access to civilians, a halt to deadly airstrikes by a Saudi-led, U.S.-supported coalition that has been fighting Shiite rebels known as Houthis, and more respect for international law.

UN officials say the world's largest humanitarian crisis is in Yemen, where 17 million people are classified as food insecure, with seven million of those facing critical food shortages.

The war pits the coalition of mostly Sunni Arab countries against the Iran-backed Houthis and allied army units loyal to a former president. The Houthis seized the capital, Sanaa, and other areas in 2014, forcing the internationally recognized government to flee.

Unlike the Syria war, Yemen's conflict has not produced a flood of refugees — making it a relatively contained crisis that has made fewer headlines.

A preliminary breakdown provided by the UN showed that the U.K. pledged more than $173 million, Saudi Arabia pledged $150 million and the United Arab Emirates, a key member of the coalition, pledged $100 million. The United States said it was committing nearly $94 million in additional assistance, bringing its total to $526 million since the 2016 fiscal year.

THE ASSOCIATED PRESS

ASIA

Sabres rattling in Korean standoff

North Korea conducted live-fire artillery drills and a U.S. guided-missile submarine arrived in South Korea on Tuesday, escalating the standoff over the North's nuclear weapons program as the Trump administration prepared an extraordinary White House briefing for senators.

Fears North Korea could mark the 85th anniversary of its military's founding with a nuclear test explosion or a ballistic missile launch proved unfounded. But the unpredictable communist nation rattled its saber all the same, with drills that served as a reminder of the threat it poses below the border to U.S.-allied South Korea.

The exercise in the area of east coast city of Wonsan involved 300 to 400 artillery pieces, South Korea's Yonhap news agency said. An official from Seoul's Defence Ministry couldn't confirm such details. Seoul lies only 25 miles from the demilitarized zone separating the two Koreas, well within artillery range.

President Donald Trump has sent more U.S. military assets to the region in a show of force while leaning on China to exert economic pressure on its wayward ally. THE ASSOCIATED PRESS

Companies aim to bee patriotic

HONEY

Products going all-Canadian in response to new preferences

The company that owns the Billy Bee and Doyon honey brands says it will start using only Canadian honey for both products in Canada this year.

McCormick & Co. says Billy Bee and Doyon products containing all-Canadian honey will start appearing on store shelves in June, while the Billy Bee organic variety will arrive before the end of the year.

Previously Billy Bee products contained at least 85 per cent of the sweetener sourced from Canadian beekeepers, something that has been a source of frustration for the country's honey industry as some beekeepers say they produce enough to negate the need for any imports.

Andrew Foust, the company's general manager of Canadian operations, says Canadians have expressed a desire for made-in-Canada honey, and the shift is responding to consumer preference.

He said the shift won't come with a boost in price.

The company will also participate in the True Source Honey certification program, an industry-led effort to ensure the product is ethically and legally sourced. THE CANADIAN PRESS

BILLY BEE/THE CANADIAN PRESS

TRANSPORTATION

Uber flying high with ride-hailing project

Uber is taking to the skies with its next project — "flying cars" — even as all eyes are on its problems on the ground.

On Tuesday, the embattled ride-hailing company announced plans for an on-demand network of electric aircraft that can take off and land vertically, like a helicopter. It wants to test a network for such vehicles by 2020.

The company says its partners in this Elevate initiative include real estate companies, aircraft manufacturers, electric vehicle charger makers and the cities of Dubai, United Arab Emirates, and Dallas-Fort Worth, Texas.

Uber's Jeff Holden says urban aviation "is a natural next step for Uber."

Uber has been reeling from executive departures and accusations of sexual harassment at its workplace. Results of an internal investigation are expected in May. THE ASSOCIATED PRESS

ITALY

Flagship airline at risk of bankruptcy

The risk of bankruptcy looms for Italy's flagship airline, Alitalia, after employees resoundingly rejected proposed salary cuts and layoffs that were aimed at securing investments and keeping the carrier afloat.

It's the latest twist in the decades-long saga of decline for the loss-making company, which has been through multiple bailouts and restructuring but never managed to compete with the booming low-cost carriers in Europe.

Alitalia said Tuesday that its board concluded that in light of the employees' vote on Monday, it has decided to "begin procedures foreseen by law," a reference to extraordinary administration.

The board will meet Thursday to discuss the move. Such a scenario could result in shedding unprofitable routes, most likely domestic ones, to competitors to pay creditors. THE ASSOCIATED PRESS

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- Creative and collaborative
- Proficient in Microsoft Office – Word, Excel, PowerPoint & Outlook
- CRM experience is an asset
- Strong sense of accountability
- Must be a team player

Interested individuals who possess the skills described above are requested to submit their resume and cover letter at https://careers-starmediagroup.icims.com before May 19, 2017. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

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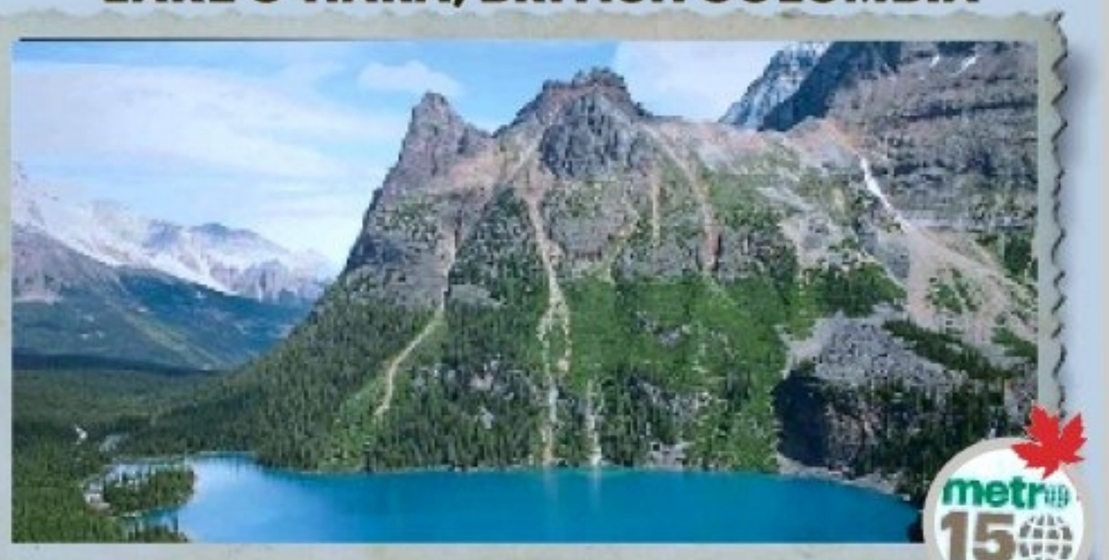

A POSTCARD VIEW OF BEAUTIFUL LAKE O'HARA IN BRITISH COLUMBIA. IT IS MY FAVOURITE PLACE TO BE IN SUMMER AND ESPECIALLY IN SEPTEMBER WHEN THE LARCHES TURN A GOLDEN YELLOW. ENJOY HIKING AND CAMPING HERE; WHILE CAPTURING AMAZING VIEWS, SOME ANIMALS AND BIRDS, AND MOUNTAIN FLORA.
FELICITY AND JOHN SEIDLE

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3

metro VIEWS
Your essential daily news
Wednesday, April 26, 2017

JESSICA ALLEN ON LOVE IN THE TIME OF NETFLIX

From the gulf between German expressionism and Sex and the City 2 emerges Twin Peaks.

They say the leading cause of divorce, ahead of infidelity and financial issues, is "basic incompatibility."

Like not agreeing on what to watch on television.

For 12 years, my partner Simon and I have weathered this storm pretty well. There are TV series, like The Sopranos and Deadwood that we are always happy to revisit. There are new offerings, like Big Little Lies, and new seasons of familiar shows, like Girls and Broad City, to catch up on. And when in doubt, there's a list on the fridge of the top 100 films of the 21st century to go through. (We still have 39 to see.)

But recently, a tempest has been brewing. Last autumn, the shop Simon managed for more than a decade closed and, for the time being, he has comfortably settled into the role of homemaker. I come home from a hard day at work to the smell of a home-cooked meal, a clean house, the laundry folded, and am greeted with a cocktail. It's like Mad Men, only I'm Don Draper and he is Betty.

And Betty is being a real pain in my neck. Because his days are filled with domesticity, in the evenings he doesn't want to revisit Mad Men, a recent suggestion of mine. "Mad Men is really nothing more than John Hamm's face and period detail," he said. "And if I'm watching a period piece it's got to be set in Edwardian England, for the outfits."

He wants to watch things that might challenge and teach him something, because the idea of wasting time right now gives him huge amounts of anxiety.

One night we attempted to solve our indecision by watching different things in the same room.

LYNCHIAN LOVE Will film and television auteur David Lynch save Jessica Allen's relationship with his Twin Peaks revival? AP

Because my days are filled with trying to stay culturally and politically current, offering up opinions on everything from corporal punishment in American high schools to whether butter should be kept on the counter or in the fridge, I want to watch mind-numbing things; things I've seen a hundred times. It brings me great comfort knowing exactly what I'm in for when I turn on a Merchant Ivory film, like Howard's End (a great ride!). The paradox is it's my job to stay current. And while there's a chance that watching YouTube clips of The Dick Cavett Show might help inform and illuminate a contemporary issue or idea, I suspect I could be doing more.

One night we attempted to solve our indecision by watching different things in the same room: he watched a World War II documentary on the TV and I watched The Mindy Project on my computer with headphones. But it was too sad. Part of the joy of watching something together is sharing in the experience, and then talking about it after.

So on Sunday morning when I saw an ad for the new Twin Peaks coming out May 21, it was like a port in the storm. Here, I thought, is something that we will both want to watch. Only Simon wasn't interested: he doesn't want to risk tarnishing the original. He still hasn't gotten over the Gilmore Girls redux.

He wants to watch things that will better his brain, like a four-hour Andy Warhol documentary. He also discovered that a good chunk of the Criterion collection is available online, for free, with a library card. "What about some Fassbinder?" he asked, scrolling through the catalogue while dinner got cold.

"Oh I love him!" I said. "Is Prometheus on there? Or Jane Eyre? I've seen them both but I'll watch them again."

"Not Michael Fassbender. Rainer Werner *Fassbinder*, the German director."

Let me tell you, Effi Briest is no Sex and the City 2.

"It's the golden age of television!" I argued. "Can't we watch something *normal*?"

"I think the most exciting thing on TV is Matthew McConaughey in the Lincoln commercials," he said.

Simon changed his mind about Twin Peaks, but only after reading a David Lynch quote that it should be thought of as an 18-hour feature film. And at least I know what we will be watching tonight. April 26 is both Channing Tatum and Marcus Aurelius' birthday. So Magic Mike, our modern-day Meditations on the economic disparity in America, it is — with no argument from Simon.

"I cannot explain why I will gladly re-watch either Magic Mike movie," he said. "If you have to ask, you probably won't ever understand."

I didn't understand. But I didn't need to ask; when life sends you a pony, you get on it and ride.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Trudeau tone deaf on plea for pot charge amnesty

Justin Trudeau's relatability is wearing thin.

During an interview at Vice Media's Toronto office, he was asked by Malik, a young black man: "How am I going to become the next prime minister if I can't get a decent job because of (drug) charges?"

The current prime minister responded with an anecdote about his younger brother Michel being charged with pot possession and his dad (you may have heard of him: French guy, pirouettes, led the nation) using his connections to make the charge "go away."

"We were able to do that because we had resources, my dad had a couple connections, and we were confident that my little brother wasn't going to be saddled with a criminal record for life," Trudeau said.

The anecdote isn't new. He mentioned it while campaigning, and it is in his memoir. He uses it to underscore how access and wealth worked for his family in a way that it doesn't for black and Indigenous people in Canada.

What was new is that it lacked in his trademark (if occasionally cringe-worthy) empathy. Asked how the government's legalization plan would help someone who was young, black and scared, the prime minister told a story about being white and incredibly privileged.

This is in step with the tenor of the legislation itself. The government is not promising anything to those people who've found themselves on the wrong end of the War on Drugs. Though Trudeau did say he would "start a process" to "try and look" at how to make things fairer once the law is in place.

This legislation is being framed as an opening gambit in a more compassionate legalization plan. But only after the current legislation and negotiations have been worked out will there be any discussion of moratoriums, pardons or amnesties.

The new laws won't be in place until summer 2018. After that, the run-up to the next election will likely derail criminal justice reform.

No politician interested in keeping his motorcade would go into an election promising to let drug users off.

In 2019, the young people who campaigned for and elected this government are going to be asking what happened and they deserve the truth.

Being honest, the prime minister should have just answered as I would have: There's no law against stoners becoming prime minister. In fact, having smoked pot while serving as a member of Parliament, I'd like to think I have paved the way.

No one, I would say to young Malik, is too high for the highest office.

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CALGARY
WELCOME TO CANADA
Wednesday, April 26, 2017 A Special Report by Star Metro Media

Empowering women

The Calgary Immigrant Women's Association literacy programs is one of the ways support is offered. CONTRIBUTED

CIWA

Innovative programs supports immigrants

Krista Sylvester

As they celebrate 35 years of service in the community, the Calgary Immigrant Women's Association (CIWA) continues to empower immigrant women while enriching Canadian society.

The CIWA was established in 1982 and throughout its 35 year history, the association has developed innovative programs, entered into partnerships and become an organization that is truly responsive to the unique and diverse needs of its community.

"We provide over 40 programs across four departments — settlement and integration language training and childcare employment and family services — and we serve everyone from youth to seniors," says CIWA communications and marketing lead Jenna Shummoogum. "We strive to meet the goals of immigrant women while removing the barriers they often face."

All of the agency's programs and services are tailored and customized to immigrant women and they also provide free childcare on-site for all of their programs.

"For us, it's all about removing barriers because women are usually the primary caregivers so if they can bring their children with them while getting these essential services, it makes it so they're more inclined to come."

The organization also recently launched a new project they are excited to share dubbed Career Focus.

The project is designed to provide career-related work experience to 15 employment ready immigrant youth — male or female — between the ages of 15 to 30 years old. Funded by Service Canada, this yearlong project will provide a 20-week paid work placement in line with participants' field of study and career goals.

For more information, please visit ciwa-online.com.

Scholarship

A lawyer by profession, Gerda R. Bloemraad came to Canada from the Netherlands in 1975 and went through the typical integration challenges faced by a majority of newcomers to Canada.

Now there is a scholarship in her name that will provide financial assistance to a CIWA client or volunteer who wishes to further their education. There is a total of $4,000 available in scholarships and the scholarship nominations are open to CIWA clients or volunteers who are between 18 to 30 years of age and have lived in Canada for less than five years. The award will be presented at the CIWA AGM, which is held in June.

The selected candidate must be present in person to receive the award. Please visit ciwa-online.com for more information on how to apply. The completed application form (along with two reference letters) must be received at CIWA by May 19, 2017. Incomplete applications will not be accepted.

TEMPORARY FOREIGN WORKER

Journey to Canada worth it

It wasn't always an easy journey but for one family it was worth it. Marco Antonio Garcia Gonzalez knew he wanted to live in Canada ever since the first time he visited years ago but the immigration process from Mexico was challenging at times. Gonzalez believed he would be able to bring his family with him when he was offered a job through the Temporary Foreign Worker (TFW), but found out after they arrived in 2013 that wasn't the case.

"I was attending the University of Mexico for electrical engineering when I had the offer to come to Calgary to work so I definitely wanted to take the opportunity," he explains, adding he didn't realize the TFW permit didn't allow for his wife Juanita and stepson Yael to join him. "My family came as visitors and we applied for a work permit for my wife so she could work but it was denied so they had to move to the US while I worked here."

It was difficult for the family to be apart over the course of a year but he never gave up hope and eventually Gonzalez was offered a position at another company with a different permit so he was finally able to have his family join him — with one catch; it was in Red Deer and not Calgary.

While Gonzalez originally wanted to live in Calgary, he says he and his family couldn't be happier in Red Deer, where they recently purchased a home and he works as a painter.

Marco Antonio Garcia Gonzalez, and family. CONTRIBUTED

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As of 2011, Calgary has the fourth largest immigrant population among major Canadian cities, with immigrants making up 25 per cent of Calgary's population. ISTOCK

Strong history of immigration

POPULATION

Calgary has become a hot spot for newcomers

Krista Sylvester

From the mass settlement in the Prairies to the big boom of the '80s, Calgary has a rich history of immigration.

According to Stats Canada's 2001 population census, there were 19,400 immigrants living in the Census Metropolitan Area (CMA) of Calgary, which made up 20 per cent of the population. By 2011, Calgary had the fourth largest immigrant population among major cities, with a total of 313,880 immigrants making up 26 per cent Calgary's population.

According to the National Household Survey (NHS), which is conducted on a voluntary basis, Calgary was the destination of choice from 2005 to 2015 for 16,813 new permanent residents.

FAST FACTS

- There are 30-plus members of the Calgary Consular Corps, which represent countries from North America, South America, Central America, the Caribbean, Europe, Africa and Asia.
- Calgary has more immigrants than any other community in Alberta, and there are many English as a Second Language (ESL) schools in the city, including SAIT Polytechnic, Bow Valley College, U of C, MRU and more.

Countries of origin

In 2011, Filipino, Indian and Chinese were the largest immigrant groups in Calgary. Other top immigration countries were the United Kingdom, Vietnam, United States, Pakistan, Hong Kong, Germany, Poland, South Korea, Colombia, Romania, Netherlands and Lebanon. All together these groups represented 65 per cent of the immigrant population. In Calgary, the immigrant population grew 59 per cent from 197,410 in 2001 to 313,880 in 2011 and that number is likely higher now.

Why Calgary?

Canada is often a migration hotspot for various reasons and Calgary has a lot to offer. In fact, Calgary is on many lists when it comes to best cities to live in, as it is one of the least taxed cities in Canada, close to the mountains and maintains a "small town feel".

While many migrants choose Calgary to be their new home for their own reasons, they may not always be aware of the opportunities the city has to offer them. That's why the City of Calgary created the Calgary Local Immigrant Partnership (CLIP) initiative, which creates a more welcoming and inclusive community for immigrants and newcomers in Calgary.

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Calgarians guide newcomers through major adjustments

VOLUNTEER

Couple helps immigrants face new obstacles

Krista Sylvester

It's been said that it takes a village to raise a child but the infamous quote can be applied to almost anyone in the community, including when it comes to welcoming newcomers into the country.

At least that's what one Calgary couple believes when it comes to volunteering with families who are facing the challenges of adjusting to a new community.

Mark and Carmen Vasquez-Mackay have been volunteering in a multitude of ways to help newcomers readjust to life in Calgary for the past 11 years, and to say it is rewarding would almost be an understatement for the modest couple.

"The term rewarding is suitable but it would almost suggest that we are doing it for ourselves — we just feel that we have a responsibility to help," Mark explains.

The couple started volunteering through the Calgary Catholic Immigrant Society (CCIS) more than a decade ago when they returned from Mexico where Mark was attending school for his master's degree in fine arts.

"In a sense, I felt some of the challenges and difficulties in adapting yourself to a new environment and when we came back and I was sort of seeing the challenges that a lot of newcomers were facing to adapt here. Instead of just making observations, we decided to try to help."

Carmen also felt firsthand what it was like to be a newcomer in Canada since her family came here as refugees from El Salvador when she was 10. "It was a great opportunity for her to give back to the system," Mark adds.

The Vasquez-Mackay duo has now worked with four families over the past three years in many capacities that range from helping with public transit, shopping, finding language services, getting familiar with the community and translating.

One of Mark's fondest memories was when he received a 3 a.m. call from one of the families they were working with when the mother went into labour in the middle of the night.

"I rushed there to pick her up and bring her to the hospital and then I got to be in the delivery room while I was translating what the doctor was saying. It was a crazy experience. They actually asked us to name the newborn baby, which was a huge honour."

Choosing the name Valentina, the Vasquez-Mackay couple and the family grew a bit out of touch over the years as the family became more independent but they recently reunited.

Mark and Carmen Vasquez-Mackay. CONTRIBUTED

"It's amazing to see that the little girl is all grown up, the father owns his own business and they are super successful — such a strong family. It was pretty neat to be reunited with them," Mark adds.

While many Calgarians may not be able to volunteer in the same capacity, Mark hopes that the community strives to be accepting of newcomers to the city.

"I just think that maybe some people don't understand that new Canadians are very scared; they don't know our customs yet so they are playing it safe because they don't know if they are accepted or not. But it's up to us to welcome them in."

Nicky Peeters advises newcomers to take advantage of the services and resources for immigrants in the city. CONTRIBUTED

Belgium woman urges others to 'prepare for everything'

When it comes to advice for newly arrived immigrants to Calgary, there's no magic secret that will solve all problems, but there are words of wisdom that can help make the transition easier.

One of the biggest pieces of advice most established newcomers have for newly arriving migrants is to simply "prepare for everything", though sometimes that is easier said than done, according to Nicky Peeters.

Peeters arrived from Belgium in 1999 with her husband Luc De Vocht after what was a relatively short waiting period of a year and a half. The couple arrived on a point system and since De Vocht was an engineer in electronics and there was a high demand in Canada, they arrived in Calgary full of hope and excitement.

"We were surprised that when we arrived, Luc couldn't work as an engineer because apparently his diploma wasn't recognized here, so we had to take another three years to get the diploma recognized. It would have been great to know that in advance," Peeters says.

While it worked out for them and they have been enjoying Calgary ever since, Peeters says anyone planning on immigrating to Canada should ask every question they can think of before taking the plunge. "It's great to do your research in advance and see what you can do in your home country to prepare for the move," she adds.

Once in Calgary though, Peeters says newcomers should take advantage of the plethora of services and resources there are for immigrants in the city. Peeters especially recommends the Language Instruction for Newcomers to Canada program (LINC) because once immigrants become Canadian citizens, those services are no longer free.

Throughout the city, there are various cultural organizations that provide programs and events for members of the public. These clubs are a great place to meet people who share the same cultural background and speak the same language, Peeters adds, though she still recommends getting out and meeting people from all cultures. "I prefer not to do that for myself because I wanted to integrate right away so I wasn't looking for other Belgian people in Calgary — but it is a comforting option, especially if you're encountering things like having to go to the doctor and you don't know how to explain yourself." **KRISTA SYLVESTER**

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Cooking up some new skills

The EthniCity program allows participants to gain valuable experience in the service industry.
CONTRIBUTED

ETHNICITY

Immigrants make money while gaining experience

Krista Sylvester

Newcomers to Calgary have been celebrating their love of cooking and food with a popular program that is helping immigrants gain valuable work experience while earning money at the same time.

Through the Centre for Newcomers EthniCity Catering Training Program, newcomers are gaining valuable Canadian work experience and learning new skills while doing something they love, according to centre communications manager David Hohol.

"It's a social enterprise of the centre; we have a full-sized industrial kitchen and it's a full blown catering company that does catering for across the city," he says, adding that participants receive a food safety card from Alberta Health Services.

The program is so successful that it not only generated $160,000 last year in revenue but also has a 94 per cent employment rate after graduation for participants. The program is open to immigrants and permanent residents and there are a total of 64 participants a year, with 16 people every four months going through the program.

"It's a very unique program that allows the participants to also make money while learning new skills. It's like that old saying, you don't have experience so you can't get a job, can't get a job because you don't have experience; this programs gives them the best of both worlds and allows them to get their foot into the service industry."

Interested applicants are encouraged to gather more information by calling 403-536-8817 or send an email to apply@ethnicitycatering.ca.

BACKGROUND

The distinguished 2017 award recipients are as follows:
- **Achievement Under 35:** Dr. Anupam Das
- **Arts and Culture:** Elena Bushan
- **Community Service:** Dahlia ElShafie-Mostafa
- **Entrepreneurship and Innovation:** Dr. Anmol S. Kapoor
- **Lifetime Achievement:** Dr. Richard Guy
- **Science, Technology, Engineering and Math:** Dr. Wael Badawy
- **Organizational Diversity:** Genesis Centre
- **Youth Scholarships:** Janica Altea L. Echavez, Nicole Mfoafo-M'Carthy, Ayush Ghosh, Jeremy Fan, Zeel Patel

> **It's a social enterprise of the centre...**
> David Hohol

AWARDS

Talented group of newcomers celebrated

Immigrant Services Calgary recently announced the recipients of the 21st Annual Immigrants of Distinction Awards and it was a talented group.

The awards celebrate the outstanding achievements of immigrants to Calgary annually. This year's awards also celebrated two momentous anniversaries; Immigrant Services Calgary's 40th anniversary of delivering quality settlement services to Calgary's newcomers, and Canada's 150th anniversary of Confederation.

"The Immigrants of Distinction Awards provides a platform to publicly recognize the innovation, talent, and positive impact that immigrants and refugees contribute to Calgary and to Canada," says Immigrant Service's Calgary CEO Krystyna Biel.

-KRISTA SYLVESTER

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CULTURE 101

Throw on a toque, grab a double-double and hit the LRT

Krista Sylvester

Calgary's skyline at night with the Scotiabank Saddledome. The dome with its unique saddle shape is home to the Calgary Flames NHL club, and is one of the oldest professional hockey arenas in North America. ISTOCK

Every city in Canada has its own quirks and characteristics and Calgary is no different.

Behind every "yahoo" and every chinook, there is probably someone explaining what they mean to a newcomer and we're here to help you out with our guide to the city's culture.

Of course, many have heard the saying that 'if you don't like the weather in Calgary, wait five minutes and it'll change.' In fact, Calgarians can often feel three different seasons in one day. That's just the tip of the iceberg; let us help you out when it comes to Calgary Culture: 101.

Chinook: A chinook is a distinct weather pattern that Calgary experiences quite often in the winter when a warm burst of wind takes over the cold. We love it. Leonardo DiCaprio doesn't.

Yahoo: "Yahoo" is a word Calgarians love to say when they're happy or celebrating — especially during the Calgary Stampede.

Calgary Stampede: The annual event that many believe put Calgary on the map; 10 days of rodeo, midway food and games and music — what's not to love.

Saddledome: This is the facility shaped like a saddle that the Calgary Flames and Calgary Hitmen team play ice hockey in. Although it's said to be a coincidence, it's shaped like a saddle and Calgarians embraced the look.

Cowtown: Calgary is often referred to as Cowtown, and although there aren't many cows inner-city, it's probably also related to the Calgary Stampede.

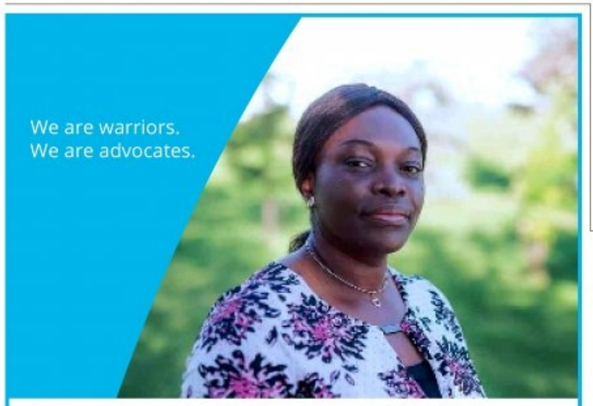
A toque : This is what is known as a toque in the Prairies, but sometimes referred to as a beanie or a cap if you're not from here.

CIFF/CUFF: If you hear these acronyms, don't worry; it's not an incurable disease. In fact, it's just two of the city's popular film festivals. CIFF is the Calgary International Film Festival in September and CUFF is the Calgary Underground Film Festival that happens in April.

Food trucks: A relatively new trend in Calgary that allows people to taste lots of different types of food out of mobile food trucks. There is a food truck park planned for this summer.

Double-Double: A coffee with two cream and two sugar, which is often ordered at one of the Tim Hortons across Canada.

LRT: This is the official name of the C-train cars that are used to get around Calgary on city transit — LRT stands for Light Rail Train (LRT).



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The LGBTQ+ New Canadian Resiliency Project program is helping new Canadians transition into their new community. CONTRIBUTED

Enhancing lives of newcomers to city

Even though Canada is hailed as a land of opportunity for many newcomers seeking a better life, there are still many hurdles to overcome along the way.

Thankfully, Calgary has many programs, learning opportunities and services to help ease the transition for people migrating to the city from other countries.

Organizations such as the Centre for Newcomers, Immigrant Services Calgary, the Calgary Immigrant Women's Association, and the Calgary Catholic Immigration Society all offer various services for newly arrived migrants seeking help with learning the language, finding a job and finding a home, to name a few.

Immigrant Services Calgary is one such organization that offers a wide range of programs and services in more than 70 languages to help newcomers enhance their life in Canada, according to settlement manager Vivien Lok.

"We provide a welcoming environment while newcomers make Calgary their home and provide many services for newcomers including housing, employment, educational and financial information; basically help with anything they need to settle down in Calgary," she explains.

Another valuable resource facility is the Centre for Newcomers, which offers specialized programs for more than 10,000 newcomers each year, according to the centre's manager of communications, David Hohol.

"We have our services broken down into multiple subdivisions and it's a one-stop shop but beyond that and what makes us unique is that there are a lot of very distinctive programs besides the standards," Hohol says.

Those specialized opportunities' include programs for immigrant youth such as the Real Me and Youth Possibilities, as well as EthniCity Kitchen and a new LGBTQ program.

-KRISTA SYLVESTER

PROGRAMS FOR LGBTQ+ IMMIGRANTS

The LGBTQ+ New Canadians Resiliency Project program is a partnership between the Centre for Newcomers and the Calgary Outlink Centre and the goal is simple; to help new Canadians who identify as LGBTQ make an easier transition into their new community.

The two-year pilot program is about to officially kick off and is the only one of its kind in Calgary.

The project will help refugee claimants — whose applications are based on fear of persecution because of sexual orientation — present their cases at hearings. In almost 80 countries, LGBTQ people are still criminalized for who they are, how they look or whom they love.

For more information, please visit contact Dario Ontolan at d.ontolan@centrefornewcomers.ca.

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City helps welcome newcomers

COMMUNITY

Volunteers support youth, coach adults in employment

Krista Sylvester

Thousands of Calgarians are making a difference across the city by volunteering to work with newcomers, but there is always room for more.

Whether you're new to Canada and looking for ways to become involved in community activities or are a life-long Canadian interested in volunteering in a multicultural setting, there is something for everyone, according to Centre for Newcomers spokesperson David Hohol.

"Volunteer opportunities offer Calgarians a chance to be a part of welcoming newcomers to Canada," he says.

The Centre for Newcomers is hosting a series of volunteer information sessions beginning this week until June and they are for anyone who is interested in volunteering with the centre or in the Calgary community.

The Real Me Youth program works with first or second-generation youth 12-24 years old that are at risk of becoming involved in criminal activity. CONTRIBUTED

Another rewarding program offered by the Centre for Newcomers is the Real Me Youth program, which works with first or second-generation youth between the ages of 12 and 24 years old that are at risk of becoming involved in criminal activity. The program is in collaboration between the Centre for Newcomers, the University of Calgary, Calgary Police Services and the evaluation team of Guyn Cooper Research Associates.

"This is a wonderful program because it focuses on helping youth strengthen their identity and find a balance between their cultural identity and their Canadian identity while helping youth plan and achieve their long-term goals."

Many other local organizations and churches are also accepting volunteers including Immigrant Services Calgary, which currently has approximately 1,000 volunteers who speak in over 70 languages. Immigrant Services Calgary offers a variety of volunteer positions as an interpreter, translator, employment coach, mentor and more.

"Volunteers are an integral part of the programs and services we offer and it really makes a difference," says Vivien Lok of Calgary Immigrant Services.

Whether volunteers are accompanying a client to an important doctor's appointment or helping write a resume, volunteerism contributes to integration and support of newcomers to Calgary, she adds.

For more information on how to volunteer with Calgary Immigrant Services, please visit immigrantservicescalgary.ca.

VOLUNTEER WITH IMMIGRANTS

Volunteer Information Session schedule for Centre for Newcomers:

- Wednesday, May 3 at 5:30 p.m. to 7:30 p.m.
- Tuesday, May 9, 16, 23 or 30 at 1:30 p.m. to 3:30 p.m.
- Wednesday, June 7 from 5:30 p.m. to 7:30 p.m.
- Tuesday, June 13, 20 or 27 from 1:30 p.m. to 3:30 p.m.

Participants can join any session without registering. Please bring a copy of your resume.

For more information, contact Elaine Mew at 403-539-5854 or e.mew@centrefornewcomers.ca

New to Canada?

Meet one-on-one with a qualified settlement agent at a library near you.
Locations and times available at **calgarylibrary.ca/newcomers.**

Welcome to the Library packages are available at all libraries. The ***Welcome to the Library*** program, supported by the RBC Foundation, welcomes and supports newcomers with:

- Welcome Tours
- Welcome to the Library Card
- Welcome Videos (in many languages)

services for NEWCOMERS

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In partnership with local immigrant serving agencies.

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www.addin.ca

CALGARY PUBLIC LIBRARY

Calgary mother Azadeh Chaharlang says she has no regrets about her decision to immigrate from Iran to Calgary with her young daughter. FACEBOOK

From Iran to Calgary, without a single regret

FAMILY

Newcomer went to school while working and raising daughter

Krista Sylvester

Immigrating to another country is no easy task for most and for single mothers it can be even more daunting.

Azadeh Chaharlang knows that challenge all too well as she came to Calgary from Iran in 2004 and spent most of her time raising her daughter as a single mother while working and putting herself though school — but she has no regrets.

"The first time I came to Canada, I was 22 years old and was sponsored through my ex-husband. At first it was kind of an adventure for me to be living in another country," she explains, adding that she went back to Iran for two years in 2006 because she was homesick.

But she returned in 2008, enrolling in school to learn English, while working and raising her daughter. Chaharlang would attend school from noon until 5 p.m. before picking her daughter up from daycare. At night, she would help her daughter with her homework before doing her own homework until midnight and then get up at 6 a.m. the next day and do it all over again.

"We did that schedule for four years. We were living in social housing and paying for daycare and I always had to make sure that my daughter was being well taken care of by good people. It was tough but I never lost my faith or my positivity," she adds.

Although she still faces the challenges of being a single mother, Chaharlang says things have been easier now that she is done school and works for a bank. She prides herself on her independence and perseverance.

"I think life is like a puzzle; if you know how to set it up, you will make a beautiful picture out of the sloppy and unorganized puzzle pieces. Coming from another country is never easy but Canada is full of opportunities and after all these years, I don't have any regrets."

Her advice for other newcomers — especially single mothers — is to keep their faith and follow their hearts.

"I tell my daughter that when a hiker wants to conquer Mount Everest, they are scared at the beginning but when they accomplish their task, they are at the top of the world. That's what it's like living here — we achieved our goals and now we are on the top of the world."

> **Coming from another country is never easy but Canada is full of opportunities and after all these years, I don't have any regrets.**
> Azadeh Chaharlang

MAKE CALGARY'S VIBRANT NORTHEAST YOUR HOME

Discover a 'thriving and affordable' community that fits every lifestyle

Newcomers to Calgary are coming to the city with fresh eyes. They're looking for a place that meets their lifestyle goals, with nearby shops and services, great transportation options and schools close to home.

If you're new to Calgary and you're looking for a place to buy, Redstone, a master-planned community in Calgary's dynamic northeast, is a great option.

"The northern part of Calgary is going through a major shift, and the northeast is developing into a rich and established community," says Cheryl Heilman, marketing manager for Qualico Communities, the developer of Redstone. "Calgarians are realizing that the northeast is a diverse, thriving and affordable place to live."

In Redstone you can choose from one of the widest selections of housing options in the northeast. There's something for everyone, including townhomes, side-by-side homes, and move-up homes with front or rear attached garages.

CONTRIBUTED

You can choose your builder too. Homes in Redstone are built by Calgary's best, most trusted builders for residential developments.

No matter what home you choose, Redstone has a focus on affordability, providing great value for homebuyers and their families.

Townhomes in Redstone start from the $285,000s, side-by-side duplexes start from the $350,000s, detached-garage homes start from the $390,000s, and attached garage homes start from the $500,000s.

Future lots in the 145-hectare community will provide unique home site opportunities, including popular homes that face a park.

"No matter your situation, if you're looking to buy a home for your family, you'll find the right home here that fits your lifestyle and budget comfortably," Heilman says.

The community began construction in 2012, and it's already 75 per cent complete, reflecting the demand from buyers, and the promising growth rate of the area. More than 1,115 homes have been sold in the development to date, making it one of the most popular communities in Calgary.

The remaining 25 per cent of Redstone is expected to be built out in three to four years.

"In Redstone you'll have the opportunity to build your new home, yet not live in an active construction zone for long," says Heilman. "This is a great chance for newcomers to Calgary to find the right place for their family to grow."

For more information, visit redstonecommunity.ca. You can also visit Redstone's 15 show homes to get the full experience of living in the community, and see the homes first-hand.

A diverse community that's perfect for families

If you're coming to live in Calgary from another city, you'll know how important it is to find a neighbourhood that offers all the essentials — schools, employment opportunities, shopping, green spaces and recreation.

Redstone, a master-planned community by Qualico Communities located in Calgary's northeast, will give you access to everything you need — with easily accessible shops and services from a diverse array of ethnic backgrounds.

"No matter where you're from, Redstone offers a place where you can feel at home," says Cheryl Heilman, of Qualico Communities. "The diversity of residents here means you can be part of a culturally rich community, and find neighbours who share a similar cultural background."

If you've just arrived in the city and you're looking for work, you'll be glad to know that employment opportunities are located close to Redstone, including at the Calgary International Airport, Peter Lougheed Hospital, and several northeast industrial parks.

The area has lots of opportunities for recreation too. An active lifestyle is an important part of what it means to live here. The community has abundant parks and pathways. The community's unique "participarks" feature outdoor fitness stations located along the pathways, the ideal place to work out just steps away from home.

YOU CAN BE PART OF A CULTURALLY RICH COMMUNITY...

– Cheryl Heilman

In Redstone, you'll also be close to popular amenities including the Genesis Centre for Wellness, which offers programs, leagues and camps for everyone in the community.

Families with school-age children will appreciate the development's proximity to several good elementary and high schools.

Shopping is a cinch when you live in Redstone. Shopping Centres nearby including CrossIron Mills, and the future Deerfoot City, formerly Deerfoot Mall — each with a host of options for groceries, clothing, homewares and services.

Getting around the city is a piece of cake from here. The community is conveniently located close to Stoney Trail, Deerfoot Trail, Metis Trail and Country Hills Boulevard, making your morning commute easy. It takes just 15 minutes to drive into downtown.

Public transportation is highly accessible too. Calgary Transit now has plans to extend the LRT tracks right up to Redstone, soon providing residents another transportation option with major convenience.

CONTRIBUTED

Create a secondary suite in your home

Are you new to Calgary and you have a large family? Luckily, Redstone has anticipated buyers' needs, and has lots that are zoned and ready for secondary suites.

Your secondary suite is perfect for giving teenage children or extended family the privacy and separation they want while living in the same house.

And when you're not using the suite for family, you can rent it out to supplement your income.

REDSTONE

Live close to what matters most.

Redstone is a revolutionary community in Calgary's Northeast designed with careful attention to what matters most. Featuring two new school sites, a commercial development, a future LRT station and easy access to Stoney Trail.

NEW LOTS RELEASED. Please contact your home builder for more info, or visit

www.redstonecommunity.ca

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Qualico Communities are built with one thing in mind - you. Our thoughtfully master-planned spaces are built with an intuitive sense of community that nurtures individuals, families and friendships.

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Your essential daily news

Beer coming to some Taco Bell stores, starting this summer

FOOD

Canadians are churning out much fancier fat options

Genna Buck
Metro | Toronto

A better butter

Bumping up the fat content in butter by just a little — to 84 per cent from the standard 80 — elevates ho-hum butter into something luxurious. Europeans know this...and now Canadians have caught on, too. ISTOCK

The U.S. president is not exactly over the moon about the Canadian dairy industry's system of price controls, production quotas and limited imports.

He has called Canada's rules a "complete and total disaster" and promised "very big changes" to the two countries' trading relationship.

For Canadian farmers trying to shield their industry from global market forces — not to mention those American, Australian and New Zealand milk producers who want to compete — this is a life-and-death issue. They have families to feed.

But consumers have mouths to feed too, preferably with premium butter. And this spat could have big implications for butter lovers.

Canadian butter, though tasty — it's butter, after all — is a commodity product. Nearly all of it is exactly 80 per cent fat, the mandated minimum, and it's made from cream that farmers pool together (there's a separate pool for organic dairy).

Bumping up the fat content just a little — to 82 or 84 per cent — elevates ho-hum butter into something luxurious. High-fat European butters contain significantly less water, resulting in flaky pastries, rich sauces and the most tasty toast.

But butter imports to Canada are capped at just over three tonnes per year. The fancy European butters available at a few farmers' markets and specialty stores are subject to high tariffs and, as a result, they're eye-wateringly expensive.

A few Canadian companies have stepped in to meet the demand for specialty butters — organic, grass fed and, yes, even a few with that magical extra fat.

If you struggle to find high-fat butter at your local market (and there's a good chance that you won't be able to), "cultured" "European-style" butter is the next best thing.

The bacteria added to the cream before it's churned lend a tangy taste and a more "buttery" butter flavour.

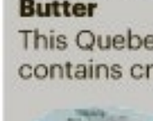
You won't miss the extra fat. Much.

3

Butter imports to Canada are currently capped at a little over three tonnes per year.

EURO STYLE

Churn84 European-style salted butter
An ultra-rich spread from Eastern Ontario's Stirling Creamery (84 per cent fat)



COWS creamery butter
This Prince Edward Island creamery makes its European-style butter in unsalted, sea-salted, and cultured versions. (84 per cent fat)

PC Black label Normandy-style butter
This highly findable butter from Loblaws is an old standby as premium products go. It has a tangy taste but the same amount of fat as typical grocery varieties. (80 per cent fat)

Riviera Petit Pot-Salted Butter
This Quebec creation contains crunchy flakes of sea salt and comes in a fun reusable container. (80 per cent fat)

Avalon certified organic butter
Avalon Dairy is a B.C. favourite with a nice yellow colour. And it's organic. (80 per cent fat)

GENNA BUCK/ METRO

Language Instruction for Newcomers to Canada
FREE LINC CLASSES
• LINC is a free language training program for eligible adult learners
• Classes are fully funded by Immigration, Refugees and Citizenship Canada (IRCC)
• Accepting students with CLBs 2 to 5
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KETCHUP NUMBERS

5K

A family-owned manufacturing building in North York will start churning out 5,000 litres of French's ketchup every hour, starting next month.

250

The facility will squeeze out about 250 bottles every minute.

90

More than 90 per cent of the ingredients will be Canadian-sourced.

133K

The launch of French's locally-made ketchup follows last year's social media firestorm, sparked by a Facebook post that was shared 133,500 times criticizing the relocation of a Heinz plant from Ontario to the U.S. TORSTAR

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Breakfast sandwiches

Your morning breakfast sandwich may be weighing you down!

PICK THIS

Tim Hortons Egg and Cheese Breakfast Sandwich on English Muffin

Calories 271
Fat 11g
Saturated Fat 5.4g
Sodium 567mg

SKIP THIS

Tim Hortons Sausage Breakfast Sandwich on a Biscuit item

Calories 500
Fat 33g
Saturated Fat 16g
Sodium 1030mg

HERE'S WHY

Equivalent in salt to EIGHT regular-sized orders of fries from New York Fries.
A breakfast sandwich is a favourite choice for morning fuel on the go. While you may think it won't make that big of a difference by choosing the sausage and home-style biscuit, it doubles the calories and sodium, and adds two-thirds more of the fat. In fact, the biscuit alone has almost four times the sodium than an English muffin! The biscuit contains hydrogenated vegetable oil, including palm oil, which dramatically increases the fat and saturated fat. The English muffin has almost no fat, and eliminating the processed meat makes a world of difference.

Gossip DIGEST

TV
Grey's Anatomy star files for divorce

Grey's Anatomy star Jesse Williams has filed for divorce from wife Aryn Drake-Lee Williams after over four years of marriage, citing irreconcilable differences.

The 36-year-old Williams is asking for joint custody of the couple's two young children. THE ASSOCIATED PRESS

DRIVING OFFENCE
Ex-Bachelor star jailed after deadly Iowa crash

Chris Soules, an Iowa farmer who starred on The Bachelor two years ago, was arrested Tuesday on a charge of causing a deadly accident and leaving the scene.

Soules was behind the wheel of a pickup truck that rear-ended a tractor in northern Iowa on Monday night, the Iowa State Patrol said.

The crash sent the tractor into a ditch on one side of the road and Soules' truck into a ditch on the other side, the patrol said. The tractor driver was taken to a hospital, where he was pronounced dead. Authorities didn't release the identity of the 911 caller. THE ASSOCIATED PRESS

EDUCATION
Beyonce to fund scholarships for black women

Beyonce is marking the anniversary of her album Lemonade by announcing scholarships for black women to attend selected colleges.

Her Formation Scholars Award will go to a single black woman student at four schools.

The announcement says the scholarships are aimed at encouraging and supporting women "who are unafraid to think outside the box and are bold, creative conscious and confident." THE ASSOCIATED PRESS

Fake Tragically Hip merch duping fans

A Gord Downie charity hoax is tricking fans. CANADIAN PRESS

Tragically Hip guitarist Rob Baker is urging fans to be vigilant when buying merchandise claiming links with Gord Downie's charity.

The musician tweeted Tuesday that some online shoppers are being duped into buying clothing items that purport to donate $10 of the proceeds to the Gord Downie Fund for Brain Cancer Research.

Baker says the operators, using Facebook and Instagram to amplify their message, aren't linked to the band.

One such group is "Gord Downie Supporters" on Facebook, which has appeared as a sponsored content post in some users' news feeds.

"Wear this t-shirt, and give your support!" some of the posts say.

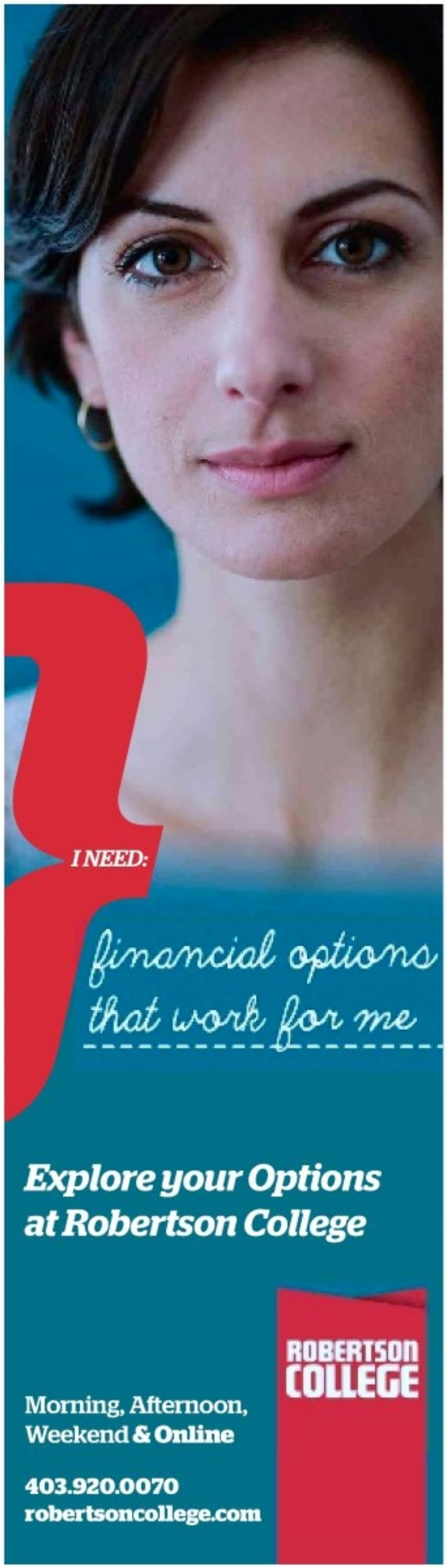
Each link redirects to "The Hip Store," a website that's not associated with the band but uses a similar domain name.

From there, shoppers can browse a selection of seemingly official merchandise.

"Hey folks, there are a lot of THip Tshirts, hoodies...on the net, Instagram, Facebook...claiming that $10 goes to Gord Downie fund. It's BS!" Baker tweeted.

Deceptive sellers have been a persistent problem for the Hip since Downie revealed last year he was suffering from terminal brain cancer.

The "Gord Downie Supporters" Facebook page was taken down last November for violating its community standards, but re-emerged in January with a new profile. THE CANADIAN PRESS



Get reacquainted with your grill

RECIPE

Easy prep makes this healthy dish a perfect option

Some people grill year-round. Thos who are die-hard grilling machines, who would chisel the ice off your charcoal briquettes to light a fire outdoors — you know who you are.

I fall into neither camp, though I am enough of a grilling buff that as soon as the weather seems remotely cooperative, I grab those tongs and send my husband, Gary, out to fill up the propane tank (and yes, I know that for you hardcore grillers, the fact that I'm not using charcoal or hardwood makes me a pretender at best. But there's a jolly, ample expanse between culinary perfection and everyday dinners, and I like to wander about freely in that open space).

If the weather isn't co-operating, or if you are a city dweller, those nice grill pans or even a panini press, can be called into service.

Anyway, other than a nice soak in a lemony marinade, this chicken and pepper dish requires only a handful of ingredients, little skill and a small commitment of time by the fire.

The result is colourful, gorgeous and flavourful and very healthy to boot. Serve with rice or any grains you are into at the moment. It's a nice way to get both you and your grill reacquainted...

Grilled Provencal Chicken and Peppers

Start to finish: 7 hours (6 hours of marinating time)
Serves 6

Ingredients:

- 2 pounds boneless, skinless chicken breasts
- 2 red bell peppers
- 2 yellow bell peppers
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil
- 1/4 cup minced shallots
- 2 tbsp fresh thyme leaves
- 1/4 cup chopped black olives
- 2 tsp Sriracha sauce (to taste)
- Kosher or coarse salt and freshly-ground black pepper
- Fresh thyme sprigs to serve

Grilled lemony chicken and peppers, from a recipe by Katie Workman. ASSOCIATED PRESS

Directions:

1. Trim chicken breasts and use large sharp knife to cut into three pieces, about two inches wide each. If the chicken breasts are very thick, cut each piece in half horizontally.

2. Cut the bell peppers into two-inch pieces, and discard both the stem and the seeds.

3. In a large container or zipper top bag, combine lemon juice, olive oil, shallots, thyme, black olives, sriracha, and salt and pepper.

4. Add chicken and peppers to marinade, being sure to coat all ingredients. Cover and marinate for six to 12 hours in the refrigerator.

5. Bring chicken and peppers to room temperature while you heat the grill to medium high. Remove chicken and peppers from marinade, and discard marinade.

6. Grill the chicken and peppers for four or five minutes on each side, until nicely browned and cooked through.

6. Serve chicken and peppers hot or at room temperature, with thyme sprigs tucked in.

Nutritional info (per serving):

- 381 calories (204 from fat)
- 23 g fat (3 g sat; 0 g trans)
- 110 mg cholesterol
- 220 mg sodium
- 8 g carbohydrate
- 2 g fibre
- 4 g sugar
- 35 g protein

Katie Workman has written two cookbooks focused on easy, family-friendly cooking: "Dinner Solved!" and "The Mom 100 Cookbook."

She blogs at http://www.themom100.com/about-katie-workman.

KATIE WORKMAN/THE ASSOCIATED PRESS

DJD

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PRESENTS

MODERN VAUDEVILLIANS

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Best known as one of the world's leading professional jazz dance companies, DJD also runs Calgary's largest recreational dance school for both adults and children. Find a fun class for your kids or change up your own fitness routine by signing up for a class. With more than 80 classes each week, DJD invites students of all ages to come move with us.

KIDS' PROGRAMS

With all the different classes offered, there's sure to be something that your kids will love. Sign them up for a class or summer camp today!

SUMMER CAMPS FOR AGES 4 – 17:
JULY AND AUGUST
Register now!

SPRING SESSION:
MAY 1 – JUNE 24
Register now!

FALL SESSION:
SEPTEMBER – DECEMBER 2017
Registration open June 15

ADULT PROGRAMS

$5 CLASS WEEK: APRIL 24 – 28
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Getting the word out from the reserve

A Saskatchewan student competes in the first provincewide First Nations Spelling Bee. THE CANADIAN PRESS/HO-HOT DOCS FESTIVAL

SASKATCHEWAN

Documentary follows First Nations kids at spelling bee

Lana Slezic has always been a good speller. Her eight-year-old son? Not so much.

It was in doing a little casual online hunting for help on the matter that Slezic came across the Spelling Bee of Canada.

"On a whim, I called Julie Spence, who's the founder, and we started to chat and in that conversation I said: 'Is there anything different about this year's competition?'

And she said: 'Well, as it happens, this is the first time ever we're going to have a First Nations spelling bee'," Slezic recalled.

Ten days later, Slezic was on a plane to Saskatchewan.

"So it (the film) began with my son. Somebody was joking that I should give him an executive-producer credit."

The result, Bee Nation, will open Toronto's 24th annual Hot Docs festival on Thursday.

The festival features 230 films from 58 countries, almost half of them by women filmmakers.

Bee Nation follows young people from several Saskatchewan reserves as they compete for the first time to be part of the national spelling-bee system.

Slezic is an award-winning photographer who lived and worked in places like Afghanistan, India and Turkey for almost a decade before turning her hand to filmmaking. Those experiences taught her not to make any assumptions about life on reserves, Slezic said.

"What I learned . . . is that you don't go in with any expectations and preconceived notions. I think it's dangerous and I think it taints your story before your story even begins. It's really important to go in with an open heart and an open mind, and understand that stereotypes are there and have been created but not by the people that they're actually about."

In fact, Slezic said she found a strong sense of community in all the reserves she visited, not the dysfunction and squalor most stories about First Nations people tend to focus on.

"That feeling of community on every reserve is so warm and exists on every single reserve that I was on and it's kind of paramount to the way they live.

"(One parent) said she doesn't worry about her kids because she knows that they're with a family member, and if not a family member a distant relative, because she's related to 95 per cent of the reserve. So if they're not family, they're friends. The kids grow up feeling that way, feeling part of a larger community outside of their own homes . . . more so than we do," Slezic added.

Slezic left it to educators in those communities to put forward names of young people to profile in the film, people like William, eight, who's been dancing at First Nations gatherings since he was three, and best friends Savannah and Josie.

Slezic said the success of the contest has educators like Pauline Favel from Saskatchewan hoping to expand it nationwide.

"When I spoke to Pauline, she was very passionate about the project . . . And I remember in that conversation her saying to me, 'Why not us? Why can't we be a part of this?' She asked that question and it's a very good question," Slezic said. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Hockey Wives isn't usual reality nonsense

THE SHOW: Hockey Wives S3 E1 (W)
THE MOMENT: "You stink"

Maripier Morin, a gorgeous Quebec TV personality, is engaged to free agent (and not happy about it) Brandon Prust. Her career is on the rise while his is stalled.

He hosts a charity golf tournament, where he instructs her to serve drinks. Flirtatiously, she collects bets that she'll dive into the golf course pond at the end of the day.

Prust is not amused. "You are not going in that water," he declares. "If you do, you're not welcome at my dinner after."

But at day's end, she puts on a bathing suit and dives in. The golfers clap. Climbing out, she moves to kiss Prust. He backs away. "You stink," he says.

I'd never seen this series before and was pleasantly surprised that it's not the usual anti-woman reality show nonsense. It acknowledges these women get a lot from hockey, but it's hard on them, too.

One talks openly about her fertility issues. Another admits she didn't tell her husband she'd miscarried, because "he was in the playoffs and I didn't want to bother him with anything."

We see women trying to raise young families with husbands on the road and how friendships are torn apart when players get traded.

Expect the flashiest drama from the Morin/Prust relationship, in which hockey is a mere backdrop for questions of equality.

"Tonight is about me, not him," Morin says when Prust begrudges her for hosting a splashy event attended by Justin Trudeau. "Tomorrow morning it's going to be all about him again."

Hockey Wives airs Wednesdays on W and is available on demand.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Maripier Morin and Brandon Prust show ups and downs of their relationship in Hockey Wives. INSTAGRAM/MARIPIEREMORIN

Dunham plans to take feminist Lenny on the road

TOUR

Girls stars will tour new show across the United States

Now that HBO's Girls has wrapped its six-year run, the women behind the series are focusing on their other female-centred project: turning their digital newsletter, Lenny, into a real-life experience.

Lena Dunham and Jenni Konner are bringing LennyLetter.com to life as a variety show. The co-founders of the digital newsletter announced Tuesday that they'll take the Lenny: America IRL tour to six cities, beginning May 31 in St. Louis.

Dunham said she was inspired to create opportunities for women to gather and share ideas after the contentious presidential election.

"We really wanted to try to be a part of, in our own small way, healing the very big divide that exists in our country right now," Dunham said. "We're trying to look beyond the coastal states and really think about connecting to women, to people, in the middle of the country."

The tour, which will feature music, comedy and spoken-word performances, includes stops in Chicago, Milwaukee, St. Paul, Minnesota; Des Moines, Iowa; and Lexington, Kentucky. Tickets go on sale Friday.

While the event will have liberal-skewing political overtones, Dunham and Konner say everyone is welcome.

"It's political, but we're also trying to bring up issues that you can't really argue with," Dunham said. "For example, a portion of our proceeds are going toward arts education organizations for girls in every city. People have a lot of really split opinions on social politics, but you basically have to be a moustache-twirling villain to have a problem with girls receiving arts education."

"Girls" stars Jenni Konner and Lena Dunham are switching focus to bringing their digital newsletter, Lenny Letter, to women across the United States. GETTY IMAGES

Konner said the show's content will be more general than the specific feminist tone of the biweekly Lenny Letter. Performers will include Saturday Night Live star Sasheer Zamata, poet Jenny Zhang and comics Charla Lauriston and Morgan Murphy.

She said they want the show to be "a great place for people to come and really enjoy themselves."

Beyond the America IRL tour, Konner and Dunham are also broadening Lenny into a documentary series for HBO and a Lenny book imprint launching in August with the first of six slated titles.

"It's all about trying to expand the way that women can have access to information that cracks their brains open," Dunham said. "Jenni's and my entire ethos is really built around relationships between women."

The Lenny expansions are giving the "Girls" alums a new place to put their energies after wrapping the often groundbreaking and controversial series last week.

"It's been a very strange week. I'm not going to lie to you," Konner said. "But it's really nice after all these years of, you know, being pretty divisive, that the general consensus has been pretty positive, and that's made us feel really good." THE ASSOCIATED PRESS

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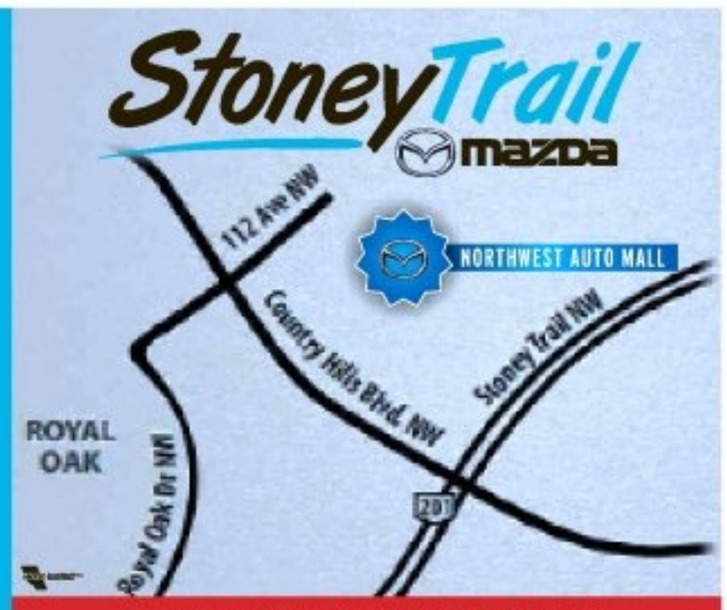

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Chef Sean Cutler takes reins at Oxbow

IN FOCUS

Restaurant and lounge opened earlier this month

Shelley Boettcher

Ask Calgary chef Sean Cutler about his interests outside the kitchen and he pauses for a minute. Then he remembers: he likes snowboarding, walking his dog, hiking and target shooting.

But he doesn't do much of it these days, he admits. He's focused on making fine food for Calgarians and visitors staying at Kensington Riverside Inn. Working under the Hotel Arts Group executive chef Jan Hansen, Cutler is the chef de cuisine at Oxbow.

The newly branded restaurant and lounge opened in April in Kensington Riverside Inn and offers breakfast, lunch and dinner and, on weekends, brunch. (Call ahead for reservations.)

And just like its previous incarnation, Oxbow features a cozy patio with a view of the Bow River.

"We want to be a great local spot that's welcoming and comfortable," Cutler says of Oxbow. "It's a cool spot to come, hang out and have good, approachable but interesting food."

Chef Sean Cutler. CONTRIBUTED

The newly branded restaurant and lounge opened in April in Kensington Riverside Inn. CONTRIBUTED

Crafting a creative and delicious menu is nothing new for Cutler, who spent seven years at the Calgary Golf and Country Club after graduating from SAIT Polytechnic's culinary program. He then worked at Heritage Park's Selkirk Grille before joining Kensington Riverside Inn.

Highlights of Oxbow's menu include crispy confit duck wings, one of Cutler's personal favourites. A new take on classic chicken wings, the duck wings are "fall-off-the-bone tender, with a honey garlic sauce," he says. "We've been selling quite a few of them."

Then there's the four-course chef's menu. "It's about whatever inspires me and the guys in the kitchen," Cutler says. "It changes constantly, which allows us to do what we want and be creative."

Comfort and creativity are key to the desserts, too.

"If I had to choose just one, I'd choose the gluten-free chocolate brownie with a caramelized white chocolate mousse," he says. "There's a little sour cherry in that, as well. It's almost a black forest cake when you bite into it."

For Cutler, inspiration comes from "familiar concepts done in an elevated way," he says, fresh takes on old-school favourites. He may not have time to hike or snowboard these days, but he has time to cook the things he loves. "I make food I like to eat."

FEATURED

Chef Sean Cutler's creations will be featured as part of the Ramey Winemakers Dinner on May 3 at Oxbow in Kensington Riverside Inn.

For more information, call (403) 228-4442 or go to oxbowyyc.ca.

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Acadia better in smaller packages

HANDOUT

REVIEW

GMC Acadia enters the mid-sized crossover segment

Dan Ilika
AutoGuide.com

Of all the new crossovers to hit the market in the last year, none has undergone more drastic changes than the 2017 GMC Acadia. The Acadia was always a bit of a bloated and awkward entry in the market but that changes for 2017, with the Acadia downsized significantly to slot neatly into the mid-size segment.

Measuring 4.9 metres from tip to tail, it's smaller than competitors but the smaller size also allowed for the introduction of a new four-cylinder base engine.

The 2.5-litre delivers punch when called upon. It's also the more efficient of the two options. For those in need of additional output, the Acadia returns with an available 3.6-litre V6.

While front-wheel drive is standard on virtually all trim levels, it's likely most new Acadias will put power to all four. This new version of the Acadia offers two ways to do so. While a run-of-the-mill all-wheel-drive system is standard fare and features a disconnect feature to maximize fuel efficiency, the available All Terrain package adds a twin-clutch setup that features proper torque-vectoring capability.

Throttle response is smooth and sharp with the V6, while the suspension and steering setups are smooth and supple. Adaptive dampers are available on Acadia Denali models for increased road comfort, though not necessary.

Step inside and the Acadia can be served up six ways to Sunday ranging from affordable to overpriced. Base versions with the four-cylinder engine sending power to the front wheels start at $35,095, while the top-of-the-line Denali starts at $54,895. Adding options can quickly push the price above $58,000 — enough to cover the cost of a Cadillac XT5.

Regardless of which end of the price spectrum, the Acadia's interior features a fresh and modern layout and comes fairly well equipped. Apple CarPlay and Android Auto are standard, as is a built-in 4G LTE Wi-Fi hotspot.

Despite its size, the 2017 GMC Acadia is still available with three rows of seating — though that doesn't mean anyone old enough to drive would want to occupy all three of them. Likewise, cargo room behind third row is almost not worth mentioning. From oversized to right-sized, the Acadia makes the most of its dimensions, fitting family life just fine.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5-litre four-cylinder; 3.6L V6
Output: 193 horsepower, 188 pound-feet of torque; 310 hp, 271 lb-ft
Transmission: 8-speed automatic
Fuel Economy (l/100 km): 11 city, 9.2 highway; 13.3 city, 9.5 hwy (AWD)
Price: Starts at $35,095

LOVE IT

- Smaller dimensions
- Available torque-vectoring all-wheel drive

LEAVE IT

- Cost climbs quickly
- Little cargo room behind third row

Hydrogen-fueled big rigs hit the road

VOLKSWAGEN

All-electric autonomous

Volkswagen has revealed the I.D. Crozz, the latest in its line of electric concept cars. The Crozz offers the latest indication of what VW thinks will be possible with its MEB platform, though this one, says the automaker, is about as clear an indication of its intentions as there could be.

"If it was ever possible to make a one-hundred per cent certain prediction of what the future will look like, here it is," said VW's head of design, Klaus Bischoff, in a statement.

Thanks to I.D. Pilot, this concept is driverless. Smaller than the new European Tiguan, the I.D. Crozz has more than 300 horsepower and all-wheel drive. It can go up to 500 kilometres on a charge, and can recharge up to 80 per cent in just 30 minutes. JASON SIU/AUTOGUIDE.COM

PROJECT

Zero emissions

Toyota is pushing into the future of trucking with Project Portal, a hydrogen fuel-cell system designed to power big rigs.

The concept, which uses only hydrogen for fuel and produces zero emissions, is destined for a feasibility study to help understand how fuel-cell power works with heavy loads. It will be put to work by the Port of Los Angeles for short, local hauling jobs.

Toyota says that truck makes 670 horsepower and 1,325 pound-feet of torque. A 12kWh battery is in charge of storing energy. Gross combined weight capacity for the truck is pegged at 80,000 lbs.

Toyota is also working to bring more hydrogen fuelling stations online to make it a more viable everyday option. STEPHEN ELMER/AUTOGUIDE.COM

COMPACT

Mercedes' new design direction

Mercedes-Benz all-new Concept A Sedan previews the design direction Mercedes is considering for all compacts.

"With its perfect proportions and a sensual treatment of surfaces with reduced lines, it... has the potential to introduce a new design era," said Gorden Wagener, chief design officer Daimler AG. The Concept A showcases the styling of a possible new compact premium sedan with the proportions of a dynamic coupe. JASON SIU/AUTOGUIDE.COM

ALL PHOTOS HANDOUT EXCEPT WHERE NOTED

GETTY IMAGES

CONCEPT

Audi's all-electric crossover

Audi has unveiled an all-electric crossover concept that previews a new model arriving in 2019. The Audi e-tron Sportback concept, which debuted at the Shanghai Auto Show, has 430 horsepower. Power is routed to all four wheels, with one electric motor over the front axle and two over the back axle — a configuration Audi says will make it to production.

Despite the performance, the e-tron Sportback is still able to go 500 kilometres on a charge. SEBASTIEN BELL/AUTOGUIDE.COM

AUTO NEWS

Volvo building in China

Volvo has plans to build its first electric vehicle in China, and export it globally. The Swedish automaker is owned by Chinese company Geely and China has become the world's largest sales market for electrified cars. Based on the company's Compact Modular Architecture for smaller cars, Volvo is also developing a fully electric car on its Scalable Product Architecture. The automaker is committed to selling one-million electrified cars by 2025 including hybrids and fully electric models with plans to offer plug-in hybrid versions of every model. JASON SIU/AUTOGUIDE.COM

Best way to *break in* a new engine

HOW TO

Rules for whether it's factory fresh or a rebuild

Craig Cole
AutoGuide.com

New-vehicle buyers should read their owner's manuals because everything is "spelled out exactly what to do," said Siegrist. ISTOCK

So, you just bought a car, something showroom fresh with fewer kilometres on the odometer than a new pair of shoes. Naturally, you'll want to protect this investment. Properly breaking in the engine will do its part to help ensure a long and trouble-free life. But opinions differ on how this should be accomplished.

Some experts advocate a hard break-in. This includes a certain amount of heavy acceleration during the car's first few kilometres. The goal of this is to force piston rings against cylinder walls so these metal parts can seat before the bores' honing marks are worn away. Done properly, this supposedly results in an engine that produces more power and lasts longer.

But most others recommend taking it easy for a while, including many automakers.

Take it easy

According to Michael Siegrist, assistant chief engineer of the new 1.6-litre turbo diesel engine in the Chevy Cruze and the man in charge of all GM's passenger-car compression-ignition engines in North America: "Most of our vehicles ask that you do (an approximately 2,500 km) break-in."

This encompasses several things. "Don't drive a constant speed," said Siegrist; try to vary the engine's RPM frequently. He also added, "Don't go over 130 km/h," and "no full-throttle starts." It's also prudent to avoid exceeding 4,000 RPM.

The break-in period is a no-fun, burnout-free, racing-exempt zone. But your patience during those 2,500 km will be rewarded.

"What's really going on," explained Siegrist, "You have machined parts with sharp edges that during that break-in period, we're lapping in those sharp edges so that they fit perfectly for the life of the engine."

It's a similar situation with Toyota. For its Highlander crossover at least, the Japanese automaker recommends that customers avoid sudden stops or towing for up to the first 800 km.

Ready to Run

Suggested break-in procedures vary between manufacturers. David M. Goggin, marketing communications director at Cummins, a major manufacturer of diesel engines, said, "We have no special break-in procedures," a policy he estimates the company has had for a decade or more.

Goggin noted that with Cummins' current manufacturing capabilities, the tolerances they're able to hold, plus superior lubricants and better materials obviate the need for a break-in.

Another vehicle class where taking it easy might not be recommended is in the performance market. Mike Schropp, engine supervisor at Livernois Motorsports, a company that offers engineering services, vehicle performance products and more said, "Most of the engines we build here would be high performance and/or racing-style engines." Accordingly, "The break-in process is pretty critical."

What does Schropp recommend? Well, he advocates "medium load to medium-heavy load." This corresponds roughly to between 30 and 60 per cent throttle.

"There are people that... want a really hard break-in," he said, but extremely high loads and temperatures are not desirable.

Additionally, Schropp stressed the importance of avoiding extended idling, which can glaze cylinder walls, preventing the rings from properly seating. It's critical to vary engine speed right after a rebuild.

What About the Oil?

Livernois Motorsports puts special oil in all its rebuilt engines. Accordingly, Schropp recommends early oil changes to help flush any undesirable metallic bits out of an engine's vital circulatory system. A lot of that cruft is "going to get caught in the oil filter," he said, but still, "change it after the first thousand miles."

For factory-fresh vehicles, this usually isn't the case. "We manufacture all or our engines with the oil we want it broken in with," said Siegrist. He also noted that a more frequent lubrication service schedule is not necessary.

Still, you can never harm an engine by changing the oil too frequently. Early service, while probably wasteful of money, can only benefit vehicle longevity.

Another thing that could speed this process along is avoiding synthetic oil. Schropp recommends this since you need a certain amount of friction between moving parts for them to wear together properly. Man-made lubricants generally allow less of this than their mineral equivalents.

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metro SPORTS

Drake has been named host for the first-ever NBA awards show to be televised June 26 from New York

Game 6 curse looms large

RAPTORS
LEAD SERIES 3-2

Toronto looks to buck trend of past failures

It is a road well travelled by the Toronto Raptors, a long pock-marked journey through Indianapolis and Miami that started years and years ago in Brooklyn, and if they are not aware of the speed traps and potholes and dangerous twists and turns, well, shame on them.

Each time they have failed to negotiate the trip without metal-bending and glass-shattering accidents and given another opportunity in another city and another year, they vow to be more aware.

To use an old DeMar DeRozan metaphor, they figure they can travel in the comfort of a 2016 Lexus because they know what it's like to start up an old, beaten-up Buick Regal.

"If we don't understand it now, we're never going to understand it," was how DeMarre Carroll so correctly put it Tuesday afternoon.

Three times this group of Raptors has been presented with the opportunity to close out an NBA playoff series in six games with a road win. Three times they have failed.

Maybe you can understand them being a bunch of kids losing to a Brooklyn Nets team dotted with Hall-of-Famers in 2014, but the spit-up jobs they pulled in both Indiana and Miami last spring were shocking examples of not seizing the moment.

Not only did they lose to create the pressure of a Game 7, both times they were blown out, barely competitive in games that would have made things far easier for them in the long run.

So it's all well and good that they talk about Game 6 in Milwaukee on Thursday night as the time they finally make a stand and take care of business, but hearing the chatter and feeling dubious about it is only human nature.

Serge Ibaka and the Raptors came out guns blazing against the Bucks on Monday night. History will be against them, however, on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

It's almost at the point where the players are as tired saying it as people are weary of hearing it.

> **We have great fans, we get all excited after a win in the playoffs and we let our guards down after.**
> Dwane Casey

"It's something that is in our minds, going on the road and understanding how they may feel and we've got to go out there and really treat it like a Game 7," DeRozan said. "I hate to keep saying that over and over again but that is the only way we can treat it because that is how they are going to treat it."

It is in some way understandable that a team that's been so mercurial as this one, a team that plays its best when it's collective backs are against the wall, should ease off a bit when it appears most comfortable.

That's just a fight against human nature and this collective and one that's hard to break.

But know this: the Raptors do not want to face a group of young, talented kids playing a Game 7 with house money when the pressure will be on the Raptors like seldom before.

"I feel like last year it was all new to us," Carroll said of the Game 7s with the Pacers and Heat brought on by Game 6 failures. "This year, we know, and we've got a lot of guys who are back and who understand that we don't want to go to Game 7, we don't want that pressure. Especially with this Milwaukee team, who knows how they come out and play, so we've got to take care of them when we go to Milwaukee." TORSTAR NEWS SERVICE

GAME BY GAME

- **Game 1** Bucks 97, Raptors 83
- **Game 2** Raptors 106, Bucks 100
- **Game 3** Bucks 104, Raptors 77
- **Game 4** Raptors 87, Bucks 76
- **Game 5** Raptors 118, Bucks 93
- **Game 6 in Milwaukee** Thursday, TBD
- **Game 7 in Toronto*** Saturday, TBD

*IF NECESSARY

NBA PLAYOFFS

Rockets topple Thunder in five

James Harden had 34 points and his supporting cast helped the Houston Rockets overcome a 47-point game by Russell Westbrook to get a 105-99 victory over the Oklahoma City Thunder on Tuesday night to advance to the Western Conference semifinals.

The Thunder head home a year after advancing to the Western Conference final after Houston took this series 4-1.

GAME 5 In Houston

ROCKETS	THUNDER
105	99

The Rockets used a 5-1 run, with all their points coming on free throws, to pull away from the Thunder and make it 98-91. Victor Oladipo threw a pass about five feet above Westbrook's head and out of bounds on the next possession and Harden made a layup on the other end with about three minutes left.

The Rockets began eating up the clock after that and Oklahoma City missed shot after shot that could have closed the gap.

Westbrook finished an assist short of a triple-double, posting 11 rebounds and nine assists. THE ASSOCIATED PRESS

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Costa back in goals as Chelsea rolls

Eden Hazard, left, had one goal and Diego Costa had two in Chelsea win on Tuesday. GLYN KIRK/AFP/GETTY IMAGES

PREMIER LEAGUE

Blues' central forward strikes twice versus Saints

Diego Costa ended a seven-game goal drought in style to help Chelsea open up a seven-point lead in the Premier League with a 4-2 victory over Southampton on Tuesday.

The second-half double halted a barren run that began shortly after a reported dispute at the club as Costa was linked with a move to the financially flush Chinese Super League.

Even as the goals dried up and the uncertainty about Costa's future persisted, manager Antonio Conte never doubted his striker's ability to make an impact in the title run-in.

"For the forward it's very important to score ... because the goal is your life," Conte said. "But for me I always said that I'm very pleased for his commitment, for his work for the team, because he's always working for the team."

TUESDAY In London

4	2
CHELSEA	SAINTS

Costa was heavily involved as early as the fifth minute at Stamford Bridge when he set up Eden Hazard's opener. After Gary Cahill restored Chelsea's lead, Costa scored two contrasting goals in the second half.

The striker's 50th Premier League goal was a header from Cesc Fabregas' cross and his next goal was the culmination of a mazy run through the defence that saw him exchange passes with Hazard and Pedro Rodriguez.

Those goals helped the league leaders nudge closer to regaining the trophy from Leicester, having had their advantage trimmed in recent weeks by Tottenham.

But one potential obstacle to Chelsea's winning the title on the five-match final stretch remains the leaky defence that had been so sturdy earlier in the season. Both Southampton goals came from former Chelsea players, with Oriol Romeu and Ryan Bertrand making it 12 league games since Conte's side kept a clean sheet.

Romeu's cancelled out Hazard's opener. Manolo Gabbiadini was left unmarked to bring down James Ward-Prowse's corner at the far post and strike at Thibaut Courtois. The goalkeeper parried the shot but the ball fell to Romeu for a simple tap-in. Chelsea was already 4-1 in front when Bertrand rose above Cahill to head in a cross from Cedric Soares.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Pekka peaking as stakes rise vs. Jake

No goaltender has played better this post-season than Pekka Rinne of the Nashville Predators, though Jake Allen of the St. Louis Blues came closest in the first round.

Now their teammates have to figure out how to score on these two stingy goalies if they want to advance to the Western Conference finals.

"We have to try to solve Jake Allen and make life difficult for him," Rinne said. "It comes down to me trying to maintain and try to be at my best. At the same time, of course, you're going to look at the other side of the rink and the guy who you play against, you try to outplay him."

Rinne allowed only three goals on 126 shots faced in helping Nashville to its first post-season sweep in franchise history. He shut out top-seeded Chicago twice on the Blackhawks' own ice, becoming just the fourth goalie to win four post-season games with a goals-against average of 0.70 or less.

When the Blues open their conference semifinal Wednesday night in St. Louis, they hope to take advantage of some inside information to solve Rinne. Carter Hutton backed up Rinne the past three seasons in Nashville, and the two remain close friends. That friendship is about to take a timeout for the duration of this series.

Pekka Rinne GETTY IMAGES

"He's one of those guys that he's a streaky goalie at the same time, so I think we have to do a good job of getting traffic and getting in there," Hutton said. "But it's going to be a battle of the goalies. We've got two of the best going at it here."

Allen ranks just behind Rinne this post-season with a 1.47 goals-against average and .956 save percentage in leading the Blues over Minnesota in five games in the first round.

THE ASSOCIATED PRESS

IN BRIEF

Cubs Hendricks rounds into form in Pittsburgh

Kyle Hendricks rediscovered his 2016 form, limiting the Pittsburgh Pirates to four hits over six innings to outduel Gerrit Cole and lead the Chicago Cubs to a 1-0 win on Tuesday night.

Hendricks became the first Cubs pitcher in nearly 80 years to lead the majors in ERA last year (2.13) but entered at 6.19 after three lacklustre starts.

THE ASSOCIATED PRESS

Earnhardt calling it quits at season's end

Dale Earnhardt Jr. abruptly announced his retirement at the end of the season Tuesday.

Colourful, candid and talented, Earnhardt has been plagued by concussions the last several years and he missed half of last season recovering from the latest head injury.

He has 26 career Cup victories, and that includes a pair of wins in the Daytona 500. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Novel Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is a mashup of everyone's favorite Friday night supper with the all-time best lunch.

Ready in 12 minutes
Prep time: 6 minutes
Cook time: 6 minutes
Serves 2

Ingredients
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 2 slices fontina cheese
- Extra Virgin Olive Oil

Directions

1. Preheat a skillet over medium heat with a drizzle of olive oil.

2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board.

3. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese.

4. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.

5. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey.

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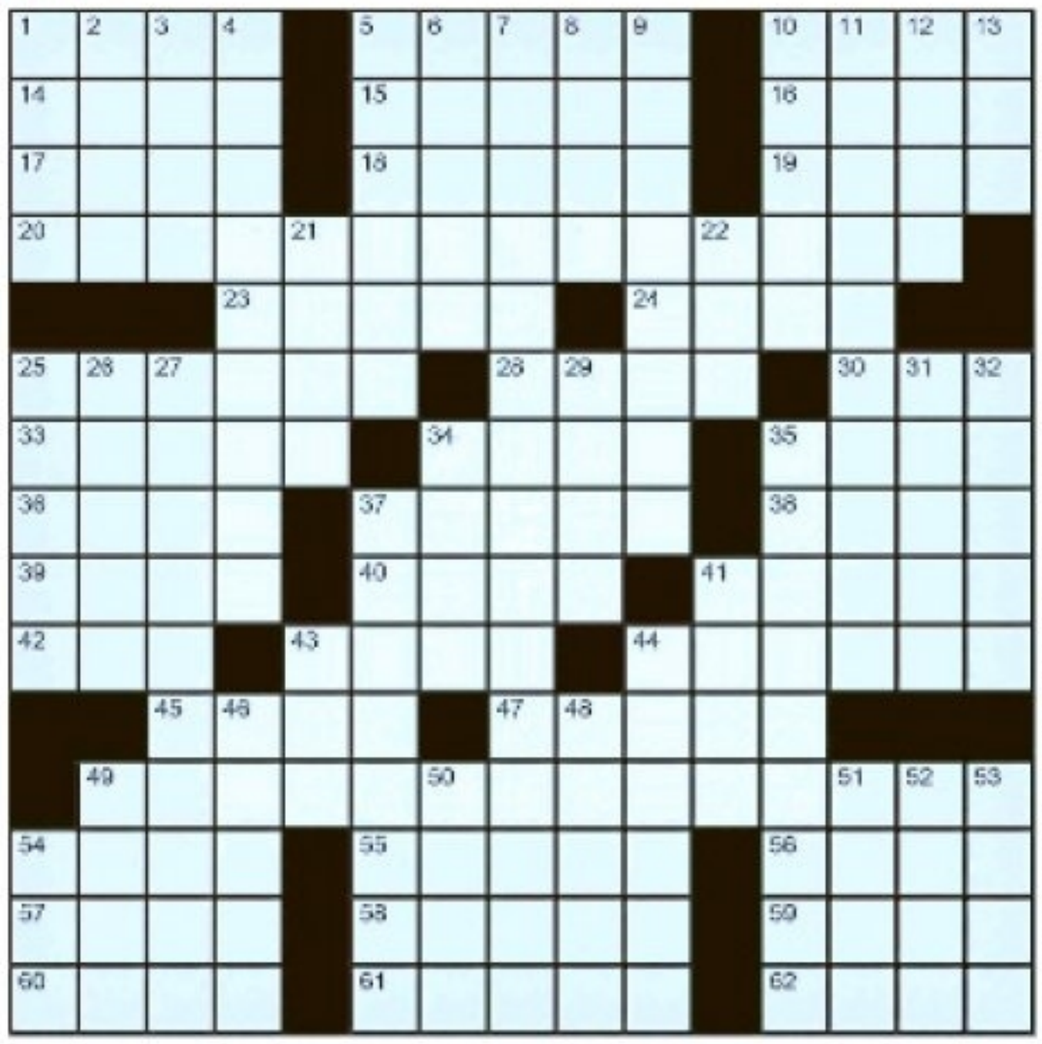
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dapper shoe covering
5. James T. Kirk, et al.
10. Fast web connections
14. Fantastic!, for short
15. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
16. Dueling sword
17. 'Diet' suffix
18. Toy company
19. "I'm Yours" singer Jason
20. 1969 Guess Who album featuring the classic "These Eyes": 2 wds.
23. Remote, when used to lower volume
24. Financial-related, briefly
25. Army academy attendees
28. Andy Capp's wife's
30. Mesozoic _
33. Whiskers
34. Plaintiff
35. UK honours, commonly
36. Astronomy bear
37. Worked with hay
38. It means 'Seven'
39. Rock's 'rug'
40. _ deer
41. Last word in #11-Down's answer ...en francais
42. _-Cone (Toy-made treat)
43. Gladiator's 141
44. Boonies seats area: 2 wds.
45. Caveman's weapon
47. Grammy Awards org.
49. Toronto and Vancouver are two in Canada aka 'Hollywood North': 2 wds.
54. "Bye!"
55. Ms. Shaye Smith (Pierce Brosnan's wife)
56. Nautically hoisted
57. Bohemian
58. #6-Down's variant spelling
59. Ear-related
60. Origin
61. One sending a ship distress signal, say
62. When new calendars come out, for short

DOWN
1. Duck variety
2. Toronto's underground shopping network
3. Singer/songwriter, India._
4. New anchors look into them: 2 wds.
5. Montgomery of "The Heiress" (1949), and surnamesakes
6. Hawk's nest
7. Celine Dion, and others who can belt out tunes like she can: 2 wds.
8. Set of three, in literature, wee-ly
9. Standard Time: Scottish-born Canadian, Sir _ Fleming (b.1827 - d.1915)
10. Garage band's CDs
11. Evergreen drink: 2 wds.
12. Sharon of "Boston Public"
13. Speaks, slang-style
21. "Tsk!" and "Tsk!"
22. "_-boom-bah!"
25. Pals
26. Mr. Eckhart
27. Separate
29. Soup vegetable
31. Artwork like the original, informally
32. In _ _ (Brooding)
34. "Better Call _" ("Breaking Bad" spin-off)
35. Nabisco cookies brand!: 2 wds.
37. Transports in a 'dirt' race, commonly: 2 wds.
41. "Back in the U.S.S.R." flyer
43. Magna _ laude
44. Movie star Verne
46. Architect, Frank _ Wright
48. "Kate & _" ('80s sitcom)
49. Campsite warmer
50. Single-named singer
51. Tolkien's li'l masterpiece
52. Super mean
53. US _, of State
54. '_' _ in Calgary

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon creates the perfect day for thinking about your earnings and how well you handle your finances. Do you take care of what you own?

Taurus April 21 - May 21
The only New Moon in your sign all year is taking place today. Take a realistic look in the mirror and ask yourself how you can improve your appearance. Try it.

Gemini May 22 - June 21
You might prefer to hide from others today, because you need some R & R and privacy. It's important to respect your needs.

Cancer June 22 - July 23
A conversation with a female acquaintance will be intense today. You will discover whether you share the same goals.

Leo July 24 - Aug. 23
You are high-viz today. People notice you, especially people in power. Keep this in mind so you can create a good impression.

Virgo Aug. 24 - Sept. 23
Today you want to do something different! You want to experience more of life. You want adventure and a chance to travel. (Go somewhere you've never been before.)

Libra Sept. 24 - Oct. 23
You are a people-pleaser. However, it's important to know that the most important person to please is yourself. Once you respect your own needs, it's easier to respect the needs of others.

Scorpio Oct. 24 - Nov. 22
This might be the best day of the year to ask yourself what you can do to improve your closest relationships.

Sagittarius Nov. 23 - Dec. 21
What can you do to improve your health? And what can you do to improve your job or the way you do your work? These are the things to ponder today.

Capricorn Dec. 22 - Jan. 20
Look for ways to be playful or to express your creative side. As children, we easily do this, and too soon we forget.

Aquarius Jan. 21 - Feb. 19
A discussion with a parent or an authority figure will be important today. What can you do to improve your home and your family relationships?

Pisces
Feb. 20 - March 20
Good communication involves careful listening. This is a good day to ponder your style of communicating with others and whether you are as clear as you can be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
5			7					2
8			6					1
6			3		8			7
	2	9				8	3	

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